



# How to Survive a Sexistential Crisis

Rev your sex life out of a rut in no time!

**SINGAPORE**  
October 2015  
[www.CLEO.com.sg](http://www.CLEO.com.sg)

## What Do You Really Want In 2015?

Sex. Career. Love. Family. Friendship. We asked, you answered

# Let's Have Fun! We are 21

- ♥ \$21,000 worth of giveaways
- ♥ 56-page Best of Hair mini mag
- ♥ CLEO's Top 50 Fashion Hit List

**Emma Watson**  
The poster girl for Girl Power is killin' it again!

## SEXY & SUPERNATURAL

Why we can't get enough of vampires, werewolves and hot ghouls

CLEO reports:  
**The Future of Feminism**  
What's your stand?



4 ways to reboot your life without hitting Ctrl+Alt+Del



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Picture it first. And make it happen.

Margaret Zhang #faceforward

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3-Step Skin Care. Try a simple routine and make it your own.



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Find your voice. And put it out there.

Tavi Gevinson #faceforward

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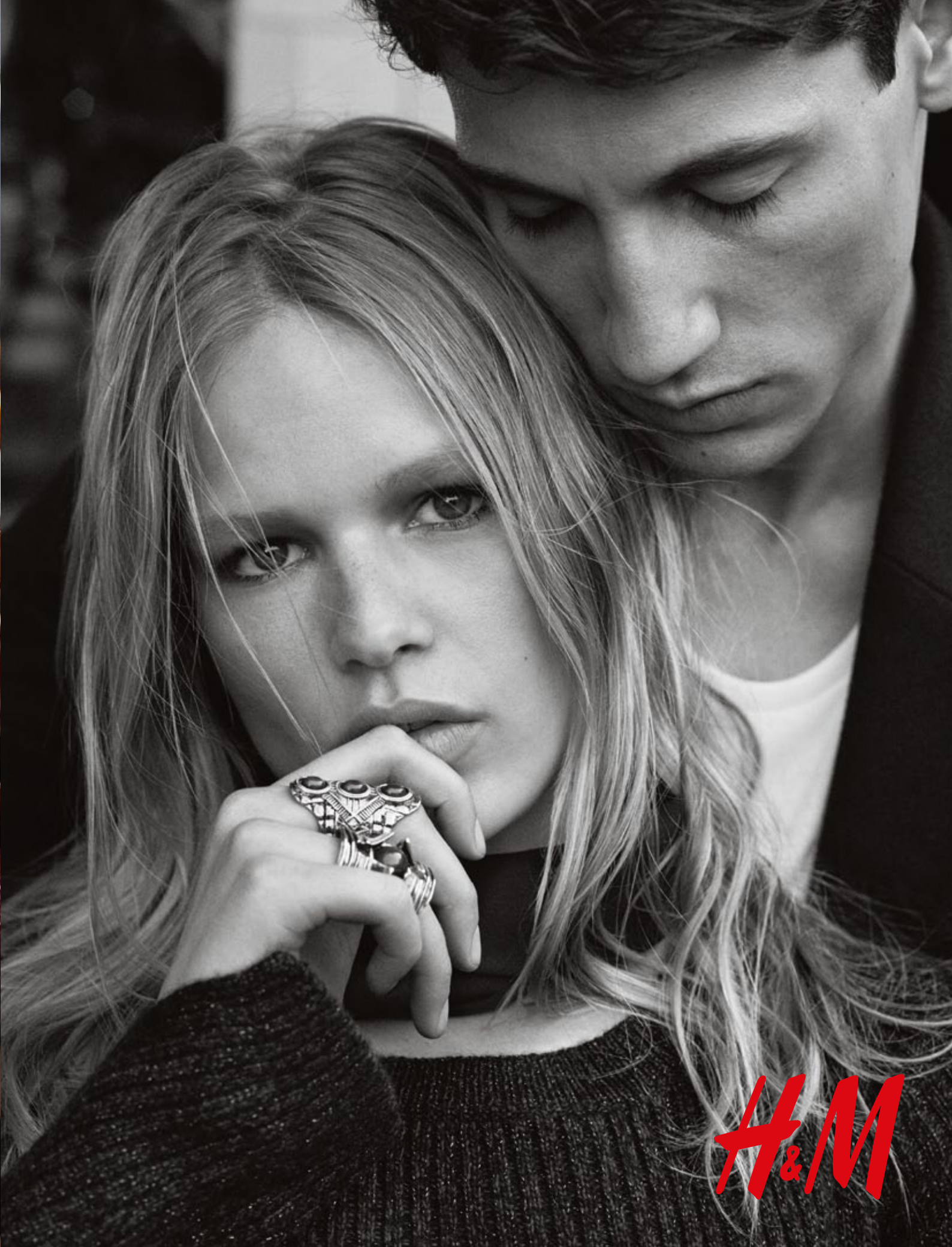
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Captain,  
Singapore Netball Team

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# CLEO

October 2015

108



102

## This month's cover girl

### You go, girl!

We first saw Emma on the silver screen 14 years ago, and this young lady has now grown up to become an impressive Ivy League degree holder, a stellar actress and, above all, a great fighter for gender equality.

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Photo Credits: trunkarchive.com / Snapper Media

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Join the CLEO Hair Academy and get a free goodie bag worth \$152!



Subscribe  
to a year's  
worth of CLEO  
for just \$21  
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# ÉCLAT *de* FLEURS



LANVIN  
PARIS



# Random musings in the CLEO office...



"The hardest things about going on a holiday is having to leave my cats behind."

Nur Salsabella



"Can anyone else's work desk get any crazier than this? As you can see, I eat lipsticks for lunch at desks." Cynthia Chew



"Waffles are just pancakes with abs."

Sheryl Seah



"Scenes like this always amaze me, because in our technological age, it's so easy to take for granted the work and expertise that go into preparing things by hand." Kit Chua

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94%

Felt that Beauty Metal Cushion Foundation provided radiance without easy oxidation.

98%

Felt that skin feels moisturized while having applied Beauty Metal Cushion Foundation.

93%

Felt that Beauty Metal Cushion Foundation provided flawless and excellent coverage.



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# COME CELEBRATE WITH US!

There are many reasons for celebrations in this issue. Firstly, another year has passed and it's our 21st birthday! Turning 21 is such a big deal, and naturally, we wanted to make sure you girls are all in on the fun, which is why we're giving away \$21,000 worth of prizes (p87). From flights to Melbourne to Taylor Swift's 1989 concert tickets, CLEO is all about having a good time and what better way than to share it with the very people who have made this all possible?

And as you can tell from our cover, which features special appearances by Brown and Coney alongside our cover girl Emma Watson, we've teamed up with LINE this month to mark the launch of our brand spanking' new CLEO Singapore LINE account (@CLEOsg). Follow us for the latest news and exclusive giveaways!

Even better, don't forget to check out our very own CLEO x LINE stickers featuring our totes adorbs cat mascot (p119).

Last year, we started a conversation about the new wave of feminism. With the rise of Girl Power, there's also been a lot of talk on meninism (anti-feminists), which is why we chose to report on the future of feminism (p116). My first brush with feminism was in the '90s, when the Spice Girls broadcast their Girl Power message to us via music. Things have certainly changed a lot over the years, but I'm prouder than ever to call myself a feminist – not just one who stands for gender equality, but equality for all.

I hope you all have as fab a time reading this issue as we did putting it together. I'll be seeing you at our next rockin' party!



**CLEO is on LINE**

Add us at @CLEOsg to be our friend on LINE. Stay tuned for updates and news directly from us!



*Alicia*



GET EMMA WATSON'S LOOK WITH LANCÔME!



Mat Miracle Foundation, \$66; Le Crayon Kohl in 01 Noir, \$30; Grandiose Smudgeproof Mascara, \$50; Hypnôse Palette in DO-08, \$90; Le Crayon Sourcils in 030, \$30; Blush Subtil in 30, \$60; Shine Lover in 346, \$36

Photography Nyen Still-life Photography Alexander Ow.

## Behind the Scenes

### What's Up in the CLEO Office

Birthday galore! Lin Kuan kicks off the b-day season!



A special "cake" for Natalie's special day.



Presents? Or cookies? Alicia can't decide...



CLEO is 21! We're all smiles for the occasion.



## HOW TO WIN!

1. Visit [www.CLEO.com.sg](http://www.CLEO.com.sg).
2. Click on the "DEALS AND EVENTS" tab.
3. Select the contest you wish to take part in and fill in the required fields.

Enter Code: **CLH1015** to increase your chances to win!

Terms and conditions: Promotion is valid from September 16, 2015 to October 15, 2015. Winners will be notified by the end of November, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.





# DAISY

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## Get insta-ntly hooked

Here's what the CLEO team just can't get enough of.



**@xphyxiate,**  
Editor



Look what Alicia's niece drew for her on a tee! #socute



**@\_ochre,**  
Special Projects Writer



OMG, dim sum! Need that in our lives right now.



**@kingmun,**  
Senior Designer



Sheryl has so many boxes of Hermès stuff. -wails-



**@cyntillating,**  
Senior Beauty Editor



If there's one thing we can't resist, it's cakes. Gimme!



**@wapurokit,**  
Senior Features Writer



Kit made this cake for her sister's wedding!



**@lkaiying,**  
Editorial Assistant



Getting an online haul you forgot about = so much win.

## What's Buzz-ing?

Flower power! Our eyes were treated to a visual treat thanks to these pretty blooms.



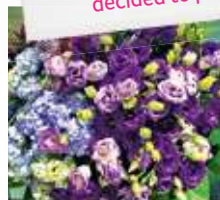
Congratulations, @alicewqy! We adored your flower arrangement and decided to pick you as a winner!



**@nattiong**



**@sfc\_rp**



**@limsuzanna**



**@myingz**



**@smishmassh**



Congrats, Kate! You've won yourself a Swatch BERRY RAIL worth \$99!

I'm still a student at the moment, so I don't have the financial means to purchase CLEO magazine on a monthly basis nor subscribe to the digital version. Thankfully, I can follow CLEO Singapore on Facebook, Instagram and Twitter to receive the latest news. And whenever I have extra savings, I would use it to buy an issue of CLEO magazine. It has kept me entertained, engaged and informed. Most importantly, I enjoy reading it very much. Thank you, and keep up the good work, CLEO! Yi Jun

E-mail your thoughts and comments to [CLEO@sph.com.sg](mailto:CLEO@sph.com.sg). The winner of the letter of the month will win a fabulous prize!

## Connect with CLEO



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Flip to p52

**Code 02**  
Three sets of Shiseido Ultimune Eye Power Infusing Eye Concentrate, \$98  
Flip to p53

**Code 03**  
Five sets of YSL Rouge Pur Couture The Mats in 202, \$49  
Flip to p52

**Code 04**  
Three sets of Burberry First Kiss Fresh Gloss Lip Balm in Crushed Red, \$38  
Flip to p52

**Code 05**  
Five sets of Giorgio Armani Armani Code Satin, \$125  
Flip to p53

**Code 06**  
Five sets of Lancôme L'Absolu Rouge Définition in 195 Carmin, \$44  
Flip to p52

**Code 07**  
Three sets of Homare Slim Cera Classic Roller, \$488  
Flip to p52

**Code 08**  
Five sets of Lanvin Eclat de Fleurs (50ml), \$90  
Flip to p58

**Code 09**  
Five sets of Kiehl's Daily Reviving Concentrate, \$80  
Flip to p62

**Code 10**  
10 sets of Cléo Virgin Kiss Tension Lips in 9 Pinkly, \$22.90  
Flip to p56

**Code 11**  
10 sets of Innisfree Jeju Sparkling Mineral Essence, \$43  
Flip to p53

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Nielsen, 2014



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NeutrogenaSG



# Trending

• Top 10 Fashion, Beauty & Lifestyle Trends • Global News • Street Style

## Headed to Cape Town

#1

Winter is a-coming! Well, not to our sunny shores but who's to say we can't don these gorgeous capes anyway? Go for the medieval vibe with a long cape or try a bohemian look with some tasseled pieces. Alternatively, drape one over your shoulders and channel the super stylish superwoman in you!



Chloe



Tommy Hilfiger



Dolce & Gabbana



Ralph Lauren



Versace



Topshop Unique



Fendi



Topshop hooded cape, \$76.90



Alice + Olivia open-front cape, \$670



Zara fringed cape, \$189

Luxe buy!

Not into dressy capes? Try these casual pieces.



Lanvin

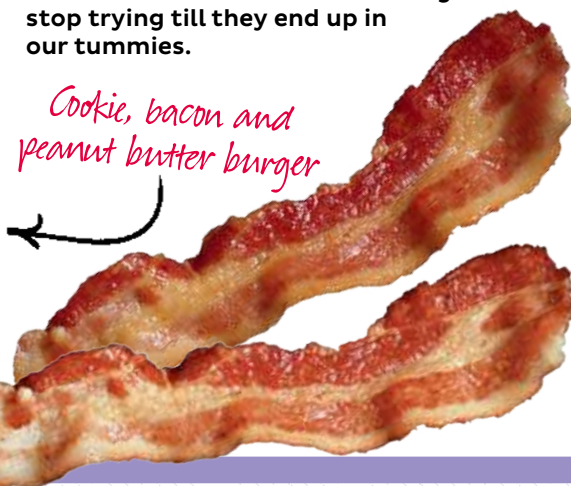




Slather some chocolate on your bacon!



Cookie, bacon and peanut butter burger



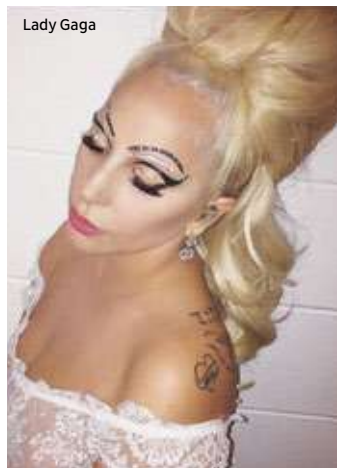
## #2 Bacon Heaven

It's so good on its own, but bacon just got better with these crazy recipes. Come on, bacon cannoli, bacon cookie burger and chocolate bacon rice krispies? The creators of these sinful delights get our complete love and respect. Now excuse us as we figure out how to recreate these babies in our kitchen – we're not gonna stop trying till they end up in our tummies.



## #4 BRAIDS BE CRAY

Dainty braids? So yesterday. These OTT manes stole the limelight at A Détacher's A/W '15 Ready-To-Wear show and we just can't take our eyes off them. PS: They remind us of a certain Disney princess, too – Rapunzel, Rapunzel, it's time to braid your hair!



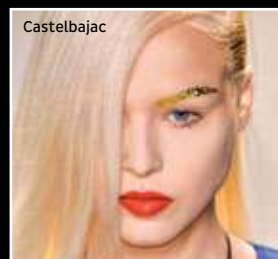
Lady Gaga

## LET'S PLAY A BROW GAME

### #3

When it comes to style, it's always no-holds-barred for Lady Gaga. This time, Mother

Monster has outdone herself by going wild with her brows and we gotta say, they're pretty on fleek. She's not the first to start the brow art trend – designers like Givenchy and Rodarte have long been using brows to enhance runway looks. So if you're ever tempted to up your brow game, now's the time.



Castelbajac



Givenchy



Rodarte



# #5 Bags of Food

Everyone loves cake, and now you can show the world how much you love the dessert by parading it in the form of a bag. But wait – these bags also come in designs inspired by fries, ice-cream, chocolate... you get the drift. But don't say we didn't warn you: they also come with a perpetual snack craving.

*Cake or bag?  
Whichever it is,  
we're tempted to  
take a bite!*



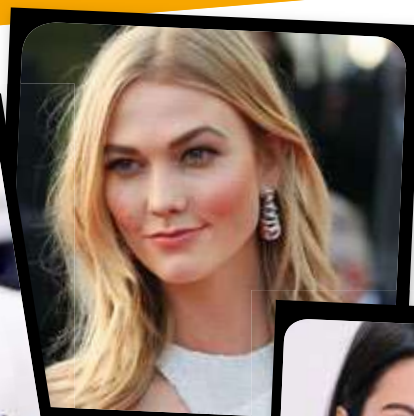
Kate Spade  
New York  
cake bag



Cara  
Delevingne



Jennifer Lawrence



Karlie  
Kloss



Kendall  
Jenner

## #6 Master the Squinch

Sorry Tyra, but the smize just doesn't cut it anymore. Coined by photographer Peter Hurley, the squinch is achieved by slightly squinting your eyes while pinching your lower eye-lids. Try turning up the corners of your lips just a little for an added sultry effect. The squinch is supposed to make you look extra confident in photos but unless you're Cara Delevingne, some practice would be needed to work this look.





#7

## Water Your Charms

The flower crown trend is slowly fading but something even cooler just sprung up. These floral charms contain dainty flowers that are frozen and encased in bullet-shaped terrariums. According to their makers at JXKL, the flowers last for close to a decade. If that's not enough for you, try watering them to prolong their lives. Yes, that's right, watering necklaces is now a thing.

The Eternity collection retails at [www.whynotspeakup.com](http://www.whynotspeakup.com).

A drop of water a month is enough to let these delicate flowers last longer.



## Shakes on High

You know the line "my milkshake brings all the boys to the yard"? Well, we're keeping those boys out for now, because these milkshakes belong to us and us only. It all started when the Pâtisserie cafe in Canberra created what they called "Freakshakes" – OTT milkshakes stuffed with sinful delights like brownies and pretzels. Thanks to their popularity, restaurants everywhere (including Singapore!) are coming up with their own versions of these monstrous drinks. Calories? What are those?

#8



The Muddy Put (left) and the Nutella & Salty Pretzel Freakshakes from the Pâtisserie cafe in Canberra.



From left, the Crunchy Caramel Shake, the Nutella Banana Shake, the Old School Vanilla Shake and the Coffee Avocado Shake from The Benjamins.

The YOLO ROLO milkshake from The Vogue Cafe in Sydney



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MediaCorp Artiste - Jayley Woo  
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- ✓ Ammonia-free



# SILKYGIRL

Unleash your confidence





Katy Perry



Georgia May Jagger



Kesha

Lady Gaga

# #9 Got Sand in Her Hair

Well, not actual sand, but these colourful coiffures certainly remind us of the sand art sessions we loved back in the day. Created by hairstylist Rebecca Taylor, the look is achieved by applying different hues in horizontal sections. The end result? Each strand of hair is beautifully covered in multiple shades.

*Dress up as Rainbow Dash for Halloween!*



## CHOKED WITH STYLE

#10

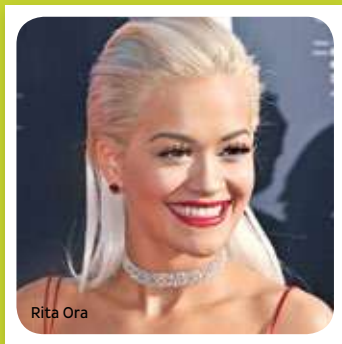
Remember those colourful rubber chokers from the '90s that everyone couldn't stop fiddling with? Well, they're back in the scene, with an upgrade to boot. Whether it's a dainty silver chain or a black satin piece, these edgy neck pieces will defo jazz up your outfit instantly.



Karen Yeung



Vanessa Hudgens



Rita Ora



Jessica Lowndes

Images: Corbis, TPG, Rex Features/Click Photos, iMAXtree.com, Instagram accounts: Lady Gaga (@ladygaga), Karen Yeung (@iamkareno), Dana (@berrrydana), The Vogue Cafe (@thevoguecafemq), Katy Perry (@katyperry), Georgia May Jagger (@georgiamayjagger), The Vulgar Chef (@thevulgarchef) Text: Liu Kai Ying. Some prices unavailable at press time.





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# Ladies

## Like a Lady

There's nothing old fashioned about this season's pretty silhouette – think prim peter pan collars, tweed skirts and grandma's pearls! But don't be fooled, you can still give it edge with street staples like sneakers, pastel hair and multiple ear piercings.

*Tailoring gets a fresh twist with statement berms.*



Purple hair, don't care.



Female dandy alert!



Fifty shades of pink? Yes!



Suits you, Mrs!



Hot fuzz!



*Proof that every fashion cloud has a silver lining.*



# First

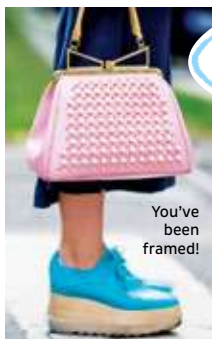
Join the prim-set with a femme get-up that's guaranteed to sort the women out from the girls. White gloves and confining undergarments are not necessary.



Hold on tight!



It's a bootie call!



You've been framed!

## Little Gems

The icing on the cake? Try these delish candy-coloured add-ons.

Hello there, sailor!



Strap yourself in.



This woman's got balls!



Join a book club.



Button it!

## Check Me Out!

Rock the box with a pop of gingham, windowpane checks or demure plaid.

Tear up the tarmac with a demure skirt and sneakers.



Harness the power of a full skirt plus itty-bitty sweater.



It takes two.



Try a twosie in bold tartan.



Indulge in a little pattern play.



A vinyl necklace puts a fresh spin on tablecloth squares.



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# Fashion

Runway Looks • What's Hot • Style Solutions • Great Buys

## Cool Beanies

Superherostuff.com  
Wonder Woman beanie,  
\$27.50



Chiara  
Ferragni

Tsumori  
Chisato

## Art Attack!

Adidas x Rita Ora printed leggings, \$65



## Do the Logo-motion

Catwalk 88 logo sweatshirt from  
Zalora.sg, \$49.90

# BAM, POW, COOL!

Go big on comic book prints  
and give pop-art graphics and  
superhero colours a whirl.

Moschino

## KA-POW!

- 1 Add metallic sneakers to inject a new level of street style cool.
- 2 Ground cartoon prints by pairing them with worn-in denim.
- 3 Don your comic-con line-up with a swipe of power red lippe.

## Cute Kicks!

Dr. Martens x Adventure Time  
Jake boots, \$259

## Graphic Impact

Poppylissiman.com Game  
Over clutch, \$110



TAP THIS ICON  
TO VIEW  
ADDITIONAL  
CONTENT.



# Whimsical Soles

What's better than reading fairytales? Try wearing them on your feet! Featuring unicorns, gnomes and bow-tie clad fawns, we think these heels will have you hot-footing it down that magical rabbit hole whilst looking chic!



Irregular Choice Lyric heels, \$299



Irregular Choice Cherry Deer heels, \$299



Minna Parikka Magic Lavender sneakers, \$479



Minna Parikka Celestia Berry heels, \$455

P.S. Check out some runway magic, too!



Leitmotiv



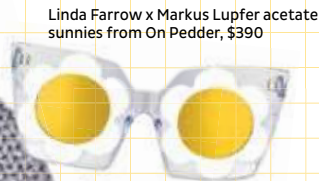
Fyodor Golan

# Head Candy

Statement sunnies + trendy topper = the cool-kid way to go incognito!

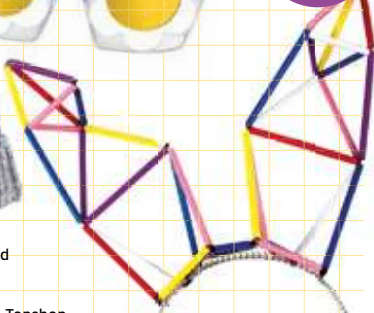


Bershka knitted beanie, \$25.90



Linda Farrow x Markus Lupfer acetate sunnies from On Pedder, \$390

Luxe buy!



WXYZ Jewellery structured bunny ears from On Pedder, \$480



Topshop wool beret hat, \$36.90

Karen Walker Patsy sunnies, \$320

ZeroUV two-tone round sunnies, \$15



## It's a Bunny Affair

There's a new brand in town and they certainly know our hearts. Featuring soft pastel hues on jelly-like shoes and dainty bags, the latest collection from this Thai brand has got us cooing in delight. We want more!

Jelly Bunny's A/W '15 collection retails from \$12.90 to \$134.90 at the Jelly Bunny stores in Plaza Singapura, Jurong Point and VivoCity.



Infused with a sweet vanilla scent, these shoes smell as good as they look!

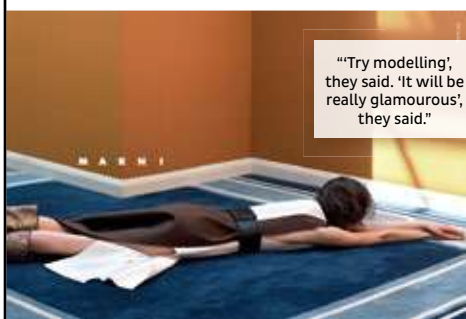


# Getting the Message Across!

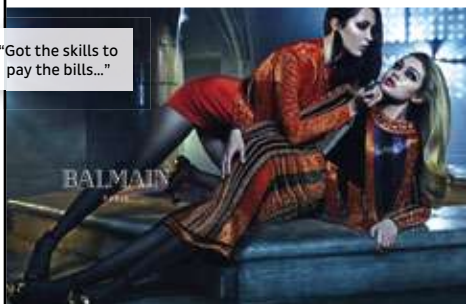
If the A/W '15 fashion campaigns could speak, we're pretty sure this is what the models would be saying.



"Great, my booker got me a gig as a bird perch."



"Try modelling', they said. 'It will be really glamorous', they said."



"Got the skills to pay the bills..."



"Guys, either these boots are really heavy or we might actually be glued to the floor."



## Hey Mickey, You're So Fine!

Take your mouse obsesh to the next level with a cartoon classic from the Vans x Disney collaboration. CUTE!

The Vans x Disney collection retails from \$14 to \$119 at all Vans stores.



## FIND THE ONE

Not the man, the bra! Seven out of 10 women wear the wrong bra size, and here's to making sure we're not one of them. Under their Stand Up For Fit campaign, Triumph is encouraging all women to get fitted for free. So no more excuses – it's time to #FindTheOne.

The Find The One campaign is ongoing until the end of 2015 at all Triumph boutiques and counters in Singapore. Hurry up and get fitted today!



## 5 Minutes with Jaime Lee from The Paper Bunny

Originally from a legal background, this 29-year-old jumped into graphic design just two years ago. Now, the creative director of "The Paper Bunny" has committed herself to creating fun yet sophisticated stationery for modern women. We speak to the lady herself to find out what goes on behind her designs:

**Where do you get the inspiration for your designs?**  
Usually from fashion and nature, as they are things close to my heart.

**Designer-wise, who do you look up to?**  
Anna Bond, as she has worked her way from humble beginnings to becoming a global brand. Although our styles are very different, it's what I hope for The Paper Bunny as well. As a lot of my inspiration comes from fashion, I also love labels like Kenzo, Acne Studios, Kate Spade, Mulberry and Alexander Wang for the distinct style and identity in their designs.

The Paper Bunny retails from \$5.90 to \$55 at [www.thepaperbunny.com](http://www.thepaperbunny.com).



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giveaway!



# IT'S A BLOCK PARTY

Go bold with these knockouts from [shop.sheshops.com](http://shop.sheshops.com).

## How to have a colour blocking good time:

- 1 Colour blocking takes style guts – so don't be a wallflower and take some risks. Piece together two to three bright colours from your wardrobe and see how they turn out.
- 2 Simplicity is the key. Prints are great, but stick to basic primary colours for maximum impact.
- 3 Complete your look with neutrals. If you already have three different colours on you, go easy on your accessories.

New to the trend? Start with this classic piece.

Inari Type 6 sunglasses, \$270



BUY NOW

Raoul Electra panelled dress, \$208



BUY NOW



Mad About Hue Lluna dress, \$157

BUY NOW

## Remember Your Plus One

It's not a party without your arm candies. We're totes in love with these swag bracelets from [stm.cool-find.com](http://stm.cool-find.com).

Perfect for a casual day out.

BUY NOW

April Issue rope bracelet with matte gold chain in navy, \$69

April Issue blue topaz silver bangle with rope tie, \$69

BUY NOW

April Issue Multi-strand rope bracelet with ultra-thin gold chain, \$69

BUY NOW

April Issue multi-strand rope bracelet with silver chain detailing, \$69

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Rip Curl  
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knitted  
beanie,  
\$19.90

Bimba Y  
Lola  
knitted  
pom-pom  
beanie,  
\$65

Black  
Diamond  
pom-pom  
beanie from  
Outdoor  
Life, \$46

Talisman's  
slogan  
beanie,  
\$13.80

# High Hats

*Banish bad hair days with a beanie you'll actually want to wear. Bonus: your street cred's gonna soar with one of these on!*



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Mascara**

\*24 hours anytime beauty support



# Catwalk Your Closet

*Get runway ready with these fab Autumn staples. We'll cheer you on from the front row!*



Tabio sporty socks, \$14.90



Forever 21 polka dot cotton socks, \$7.90



LANEIGE X PlayNoMore Jet Curling mascara, \$34



Kate Spade New York mouse bag



Alice + Olivia Vintage Box Leather car pouch



Topshop plastic rain mac, \$126



Adidas Originals Stan Smith sneakers, \$139



Parra metal brooch from Actually, \$19



House of Holland Lippy sunnies from P.V.S., \$260



Something Borrowed slogan clutch from Zalora.sg, \$24.90



Le Specs Half-moon Magic sunnies from Thewyldshop.com, \$99

Wego checked skirt from J Runway, \$49



Love Moschino graphic sweater, \$550



Bershka lips phone case, \$25.90



Shantaljewelry.com lightning bolt palm cuff, \$98



Karen Walker Deep Worship sunnies, \$360

Susie Bubble



Typo vintage camera phone case, \$29.99

Chiara Ferragni





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# Twinkle Twinkle

*Mirror mirror on the wall, what's the most beautiful jewellery collab of all? Our money's on these shining stars from ATELIER SWAROVSKI.*

OK, we admit – we're a flock of fashion magpies with feathers that get in a total flap any time we're remotely near anything that glints. So you can imagine what happened when we clapped eyes on these designer ATELIER SWAROVSKI dazzlers (read: near mass hysteria and a flurry of spam mails to SWAROVSKI to find out when we can get our hands, necks, arms and ears on these seriously sparkly pieces!). The good news? They drop this September, so you can swoop in and get a gleaming fashion fix and adorn yourself with some much-needed sparkles [smoothes feathers back into place].

## The Philippe Ferrandis line

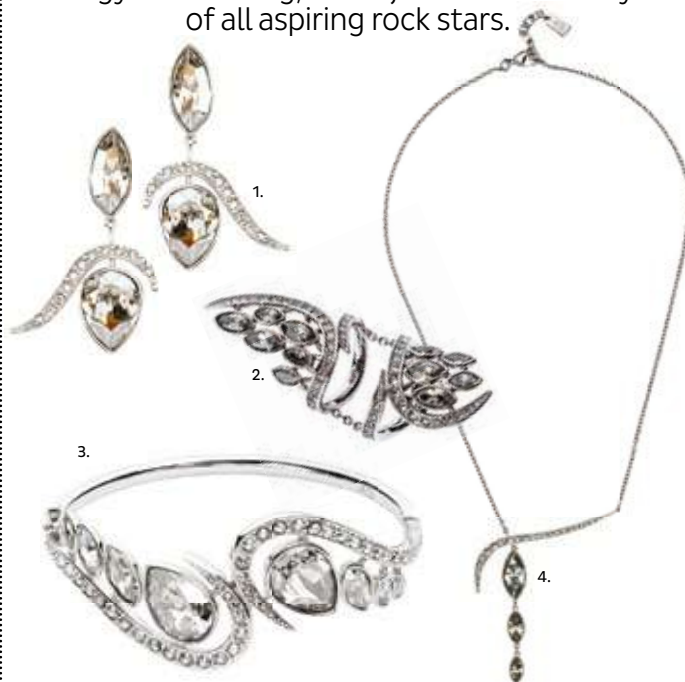
Raise your hue IQ with these gloriously pigment-packed pieces.



1. ATELIER SWAROVSKI by Philippe Ferrandis Crystal Bracelet, \$1,550 2. ATELIER SWAROVSKI by Philippe Ferrandis Crystal Ring, \$700 3. ATELIER SWAROVSKI by Philippe Ferrandis Small Crystal Necklace, \$1,950 4. ATELIER SWAROVSKI by Philippe Ferrandis Multi-coloured Earrings, \$510

## The Shaun Leane line

Edgy and alluring, these jewels are worthy of all aspiring rock stars.



1. ATELIER SWAROVSKI by Shaun Leane Silvershade Earrings, \$550 2. ATELIER SWAROVSKI by Shaun Leane Black Diamond Ring, \$800 3. ATELIER SWAROVSKI by Shaun Leane Silvershade Cuff, \$880 4. ATELIER SWAROVSKI by Shaun Leane Necklace With Black Pendant, \$550

## MEET THE DESIGNERS

Read on to get the low-down on these glorious lines straight from the horse's mouth!



Philippe Ferrandis

### What inspired the ATELIER SWAROVSKI Collection?

**PF:** The collection is inspired by New York City and its Art Deco architecture.

**SL:** The "Swift" tiara, which we created for the Vienna Opera Ball earlier this year.

### In your opinion, what do SWAROVSKI crystals add to the designs?

**PF:** The perfectly cut shapes of the shining crystals add an essential and glamorous sparkling effect to the pieces.

**SL:** SWAROVSKI crystals bring a brilliant retraction of light, which is particularly fitting for the "Swift" inspiration, which centres around the movement of fine lines and lightness of air.

### Tell us a little more about your brand's heritage.

**PF:** I launched my own label "Philippe Ferrandis" in 1986. Since then, I have created pieces for Oscar de la Renta, Hubert de Givenchy and Nina Ricci, amongst other fashion designers.

**SL:** I began my career specialising in

diamond-mounting and antique restoration. Before my catwalk collaborations with Alexander McQueen and Givenchy Couture, I created diamond tiaras and restored rare antique tiaras.

### If you could pick one person in history to wear your jewellery, who would it be and why?

**PF:** Rita Hayworth, for her femininity, glamour and strong personality.

**SL:** Someone who has an appreciation for classical jewellery and is looking for timeless yet modern designs.





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# Steal Her Look! Leaf Greener

Meet the new leader of the cool-girl clique. This stylist-cum-filmmaker-cum-art director knows a thing or two about working some seriously quirky staples.



Follow Leaf Greener on Instagram (@leaf\_greener)

Jack Wills utilitarian jacket, \$179



Bershka two-tone denim skirt, \$55.90



Superga basic sneakers, \$63.90



Bershka festival bracelet, \$14.90

Coach Swagger leather sling bag, \$750



Luxe buy!



Tabio ankle socks from Rosebullet, \$9.90

Pull & Bear round sunnies, \$17.90



Bimba Y Lola embellished necklace, \$265

Calla graphic-print tee from Occasional Glimpses of Beauty



Talisman's mouse-ears headband, \$24.90



Zara slim-cut jeans, \$59.90



Wildfox graphic tee from Harrods.com, \$129



Bimba Y Lola textured boots



OOTD Alert!

# Fully Coated

Boost your style credentials with this slouchy little “duster” number. It ticks all the right boxes when it comes to acing that scand-chic vibe.

American Vintage double-breasted coat, \$280

Pairs perfectly with distressed denim and whitey-white sneakers.



Miu Miu

Tsumori Chisato

Massimo Rebecchi

## How to wear it – CLEO style



**Leanne Lim**  
Marketing Assistant

*“With this get-up, I’m all set to rock the coolest music festival in town.”*

Topshop Van Halen band tee, \$56.90



Bershka knitted beanie, \$16.90



Quay cat-eye sunnies from What Women Want, \$89



Levi's 501 CT jeans, \$159.90

H&M festival bracelet set, \$19.90



**Tricia Chan**  
Accounts Executive

*“Cartoon prints put a cute spin on a classic coat.”*



Uniqlo Mickey Plays graphic tee, \$14.90

New Era trucker cap from The Black Chamber



10x10 An Italian Theory skater skirt from Occasional Glimpses of Beauty, \$368



Herschel canvas backpack from Zalora.sg, \$79



Converse Chuck Taylor All Star Luxe Wedge sneakers, \$199.90



**Hidayah Idris**  
Digital Writer

*“I’m all about comfort and style. Totes YES to this dress and bag combo.”*



Forever 21 slogan dress, \$19



Skullcandy Hesh 2 headphones from Stereo Electronics, \$108.90



Fiorelli charm bracelet from WEEKENDS, \$129



Nike Roshe Flyknit sneakers, \$199



**Kit Chua**  
Senior Features Writer

*“Punch it up with tropical pineapple prints. Aloha!”*



Pixiemarket.com pineapple-print cropped top, \$58



Shopzerouv.com round sunnies, \$15.50



H&M denim shorts, \$49.90



Accessorize smiley-face coin purse, \$16.90



Topshop patent leather platform sandals, \$129

*Step out in pretty platforms!*





Emoda star-shaped hair clips from J Runway, \$2.90



Current/  
Elliott  
checked  
shirt from  
Mytheresa.  
com



Margot  
Tenenbaum



Mango  
zipped  
coat with  
pockets



Tommy  
Hilfiger

Novesta  
canvas high-  
cut sneakers  
from  
Manifesto,  
\$109



Brownly pleated  
mini skirt from  
J Runway, \$49



*From Catwalk to CLEO*

# Girls on Film

*Tweak your Tenenbaums  
'tude with Margot's signature  
bad girl prep. Think granny  
furs and smudgy black  
eyeliner.*

Tabio sporty socks  
from Rosebullet,  
\$14.90



Talisman's vintage glasses, \$11.90



Mango cricket vest, \$69

The North  
Face sporty  
headband,  
\$26



Rudimentary Mini  
Etollie slingbag from  
Zalora.sg, \$353



*Luxe  
buy!*

Topshop  
striped  
tee,  
\$36.90



N.Peal knitted  
gloves from  
Theoutnet.com



Lacoste

Topshop Gracie T-bar  
geek shoes, \$76.90



*Fash-spiration:  
The Royal  
Tenenbaums*



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# Who run the world? **GIRLS!**



*Get set to join the cool-girl cavalry as Marc by Marc Jacobs creates the ultimate new model army.*

Time to gather 'em homegirls, as cargo skirts, leather pouches and jeans patched with shouty statement slogans dominated this season's MBMJ runway. Marching down a field of green, the models presented a militant mood with grit, grunge and iconic oak leaf patterns inspired by the 19th century social activist William Morris. Paired with studded berets and buckled boots, the models certainly looked combat-ready from head to toe. As for us, we salute Luella Bartley and Katie Hillier's tribute to girl power (with balls!), and say it's time to start our own movement as we preach solidarity amongst sisters.

## Get in with a Girl Squad

MBMJ's got competition when it comes to assembling the ultimate clique. Here's a look at some total #squadgoal contenders.

'Cos every crew needs a Regina George a la Mean Girls.



Led by the one and only Queen Tay, plus posse!



The coolest crew of all?  
The CLEO #girlsquad  
kicks it.



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Step up your style and take the spotlight when you pair your FreshKon® Colors Fusion 1-DAY lenses with ETUDE HOUSE Play 101 Pencils! The multifunctional Play 101 Pencils can be used on eyes, cheeks, or lips. They come in 50 shades and a variety of textures, giving you the freedom to create any look you want.

There's no time like the present to start experimenting. Get your FreshKon® Colors Fusion 1-DAY now with our exciting promotion below!



## Brilliant Brown

Step up your style with this look that keeps you looking trendy and sweet!

**Pair it with** ETUDE HOUSE Play 101 Pencils in Glossy or Shimmer. A bit of shimmer helps to add depth and definition to your eyes and lips!

**Eyes** #5 #6 #14 #47 #49

**Cheeks** #15 **Lips** #12 #15



**NEW  
COLOR**

## Blushing Violet

Make a lasting impression on a girls' night out or a first date with this fun, flirty look!

**Pair it with** Play 101 Pencils in Glitter. A glittery, winged flick on the eyes and bright, bold lips go a long way towards adding extra oomph to your mysterious feminine look!

**Eyes** #27 #39 #41 #42 #50

**Lips** #23 #50



## Shimmering Grey

Step in the spotlight with a vibrant look whether it's a brunch date or that 8am meeting!

**Pair it with** Play 101 Pencils in Creamy or Matte. Keep the colors on your cheeks and lips neutral to really let your eyes pop!

**Eyes** #9 #41 #50

**Cheeks** #11

**Lips** #26



Receive a complimentary **ETUDE HOUSE Play 101 Pencil\*** (worth \$12.00) with every 4 boxes of FreshKon® Colors Fusion 1-DAY (10-pieces) promotion set.

Check out our promotion for FreshKon® Colors Fusion 1-DAY (30-pieces) at the following Capitol Optical outlets today!

\*Play 101 Pencil #01 - #50 ONLY. Promotion valid from 1 Sept - 31 Oct 2015. While stocks last. Promotion terms and conditions apply. Not valid with other discounts, vouchers, promotions and discount cards. Consult an eye-care practitioner for suitability of wear.

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# Beauty

Latest News • Hot Looks • Expert Tips • How-to Guides

Burberry Autumn/Winter 2015 Runway Palette, \$92

Elie Saab



NARSissist Matte Shimmer Eyeshadow Palette, \$90

Make Up Store Microshadow in Charcoal, \$32



## Smoke Signals

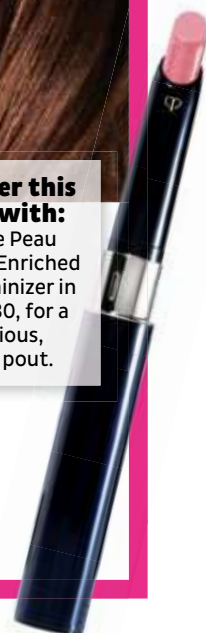
To rock this ultra-heavy smokey eye look, make sure you blend until the edges are diffused for an intense yet soft finish. You may also use a variety of dark shades for more dimension and depth.

### Partner this look with:

Cle de Peau Beaute Enriched Lip Luminizer in 232, \$80, for a luscious, nude pout.



TAP FOR VIDEO





# Lip Lip Hooray

The classic red lip never goes out of style but this season, it's hotter than ever. We love them bold and matte or luxe and creamy – so many colours and finishes, so little time!



Chanel

Tsumori Chisato



Bobbi Brown  
Luxe Lip Color  
in 26 Retro Red,  
\$44, available  
from October  
15



M.A.C  
Vamplify in  
Suggestive,  
\$36



Chanel  
Rouge Allure  
Velvet in La  
Fascinante,  
\$48



Lancôme  
L'Absolu  
Rouge  
Définition in  
195 Carmin,  
\$44



Burberry First  
Kiss Fresh  
Gloss Lip Balm  
in Crushed  
Red, \$38



YSL Rouge  
Pur Couture  
The Mats in  
202, \$49



South Bridge Aesthetics Clinic is at #03-13 Orchard Gateway. Tel: 6227 9692.



## At your service

**Carbon Laser Peel, \$120, for 45 minutes**

One of the star treatments at the newly-established aesthetic clinic helmed by Dr Winston Lee, this laser procedure will leave your skin smooth, supple and radiant. A few quick warm pulses will help to reduce imperfections like enlarged pores and dead skin cells, and also stimulate the production of collagen so that new skin cells can emerge. The best part? There's no downtime and you will see a difference after the first session.

**CLEO Special** For the month of October, enjoy this treatment at \$60 by simply quoting "CLEO" when making your appointment. Valid for first-time trials only. To book an appointment, please call 9730 8999.



## Roll With It

Say hello to skincare's Next Big Thing. This do-it-all facial roller can cleanse pores, exfoliate dead skin cells and promote the penetration of your daily skincare products. Key features include the undulating rollers that imitate an aesthetician's hand massage movements, and the special ceramic it's made of. It contains over 10 different minerals and pure germanium plate (a trace mineral found in ginseng, aloe and garlic), which help to improve blood circulation. With regular use, your skin will look energised, and more radiant and youthful.

Homare Slim Cera Classic Roller, \$488





Bobbi Brown Peony Set, \$81, which includes a pink peony blush with a ribbon embossing and a mini faceblender brush



Clinique Pink with a Purpose Cheek Pop with bag, \$39



Estée Lauder Evelyn Lauder and Elizabeth Hurley Dream Pink Collection, \$152, which includes three mini Pure Color Envy Sculpting Lipsticks and a bag

# BREAST OF FRIENDS

✚ Breast cancer is the most common cancer affecting women globally, and is increasing in developing countries where the majority of cases are diagnosed in late stages.\*

✚ Having one first-degree relative (mother, sister or daughter) with breast cancer doubles a woman's risk. Having two first-degree relatives increases her risk by about three-fold.\*\*

✚ Breast cancer is about 100 times less common among men than among women.

✚ The latest data shows an increase in breast cancer worldwide by more than 20 percent since 2008.\*\*\*

✚ An estimated 1.7 million women around the world were diagnosed with breast cancer in 2012. \*\*\*

\* World Health Organization (WHO) \*\* American Cancer Society \*\*\* International Agency for Research on Cancer/World Health Organization

## How you can help support Breast Cancer Awareness

- Follow @BCAcampaign.com or #BCAStrength to help fund life-saving breast cancer research.
- Shop for a cause: 20 percent of the retail price of these Pink Ribbon beauty buys on the left will be donated to Singapore's Breast Cancer Foundation. All available from October 1, 2015.

## New must-tries

Include these new skincare additions to your daily routine!

### INNISFREE JEJU SPARKLING MINERAL ESSENCE, \$43

This new skincare line harnesses the high carbon and mineral content of pure hot spring water drawn from Jeju Island's Sanbangsan Mountain. The line includes Cleansing Powder, Cleansing Mousse, Mist, Lotion and Cream.

### BIOThERM BLUE THERAPY ACCELERATED REPAIRING SERUM, \$99 TO \$129

This fast-acting repairing serum combats the visible signs of ageing by neutralising inflammation and accelerating cellular metabolism. With regular use, your skin will be luminous, more refined and firmer in just one week!

### SHISEIDO ULTIMUNE EYE POWER INFUSING EYE CONCENTRATE, \$98

This eye concentrate is an immunity booster that protects against damages and premature ageing around the delicate eye area. Use daily and fine lines and wrinkles will be smoothed and your eye area will look less tired and brighter.



## NIGHT SCENTS

Want to leave a lasting first impression? Try these scents.

### DATE NIGHT

Wear: Giorgio Armani Armani Code Satin, \$125  
This floral fragrance features sensual neroli, orange blossom and Arabian jasmine notes.

### HIPSTER PARTY

Wear: Miu Miu EDP, \$147 to \$176  
This intriguing scent features a unique blend of flowery, green and earthy notes like lily of the valley, rose and Akigalawood. A conversation-starter, for sure.

### GARDEN WEDDING

Wear: Marc Jacobs Mod Noir, \$113 to \$158  
A modern classic with an intoxicating mix of fresh cut gardenias, sparkling water and creamy musks that make this a head turner.





# BRIGHT ON TARGET

*With so many different colours and textures, there's no wrong way to make a statement with your lips, only the bright way.*

## MATTE

Red carpets and runways are perpetually mad about matte. Why? Because it's an effortless way to make a dramatic statement. If you're looking for a quick, one-step way to make an impact, this is your ticket.



## RED

A red lip that's matte doesn't just exude glamour, but also tons of sex appeal. A matte red lip on top of perfectly powdered skin has a more vintage feel, so pair it with glowy, highlighted skin for a totally modern twist.

**TRY...** NARS Pure Matte Lipstick in Mascate, \$38



## CREAMY

When in doubt, let a smooth, creamy lipstick be your go-to texture. This forgiving format will usually give the most hydration with moderate shine, and is versatile enough for pretty much any occasion.



## PINK

If you haven't tried a hot pink matte lipstick, what are you waiting for? This is one of those things that can seem scarily intense, but is actually really wearable. Plus, it looks amazing on virtually every skin tone. Practically foolproof, we say.

**TRY...** Lancôme L'Absolu Rouge Définition in Le Fuchsia, \$44



This is a combo that spells L-A-D-Y because it's just so classic. If you're worried about looking too sophisticated, just take a cue from Victoria and keep the rest of your makeup to a minimum for a fresher take on this look.

**TRY...** M.A.C D is for Danger, \$31



## GLOSSY

Newsflash! Glossy lips don't have to mean boring nudes all the time. If you're tired of the same ol' thing or if you're going for something fresh and youthful, the pairing of bright and glossy is right for you.



## ORANGE

If you're too scared to wear orange on your lips, take a cue from Bryce Dallas Howard and go for a flame-orange shade that has a hint of red. Blend the colour into your lip line with a brush – this helps create a softer look.

**TRY...** Urban Decay Matte Revolution Lipstick in Tilt, \$33



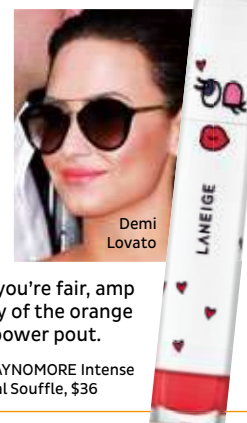
A cream lipplie is where you really get to experiment with a true orange colour – because it won't look chalky or wash out your complexion. The right amount of shine gives you the opportunity to go all out with this trendy tone!

**TRY...** YSL Rouge Pur Couture #13 Le Orange, \$49



Lastly, don't forget coral, a hue with the power to turn mere mortals into glam goddesses like Demi. A coral gloss on tanned skin strikes the perfect note for summer. If you're fair, amp up the intensity of the orange hue for a true power pout.

**TRY...** LANEIGE PLAYNOMORE Intense Lip Gel in No.5 Coral Souffle, \$36



Here's the dilemma: If you're wearing something black with a smokey eye, a nude lip can feel a bit vampiric, while anything too dark can come off witchy. The solution? A sheer rosy red can transform your look and make it come alive.

**TRY...** Shu Uemura Rouge Unlimited Sheer Shine in S RD 164, \$33



A glossy finish and lots of pigment is all you need to take pink from neutral into top gear. Feel free to play with your eye makeup for a fun, sassy result, but it's best to steer clear of pink blush at the same time. That's too Barbie.

**TRY...** Chanel Rouge Allure Gloss in Supreme, \$46







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Doesn't dry skin.  
Awesome!"*



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LIP LOCK

"With this lipstick, you need only apply once because the colour payoff is excellent without drying the lips, and it won't budge till you're ready to remove it at the end of the day."

Alicia Tan, Editor



CLIO Virgin Kiss Tension Lips in 9 Pinkly, \$22.90



FLUTTER SHY

"The brush offers a very smooth glide yet grips on every single eyelash so that they are well coated. There is no clumping or flaking throughout the day."

Leong Liyuan, Designer



NARS Audacious Mascara, \$40

Coats every single lash!



# Say hello to our new BBFs\*

Our round-up of the latest cool finds.



SPRAY AHEAD

"I love the unexpected pairing of mimosa and cardamom – it has a freshness and warmth that's so intoxicating I want to spritz it on for any occasion."



Cynthia Chew, Senior Beauty Editor  
Jo Malone Mimosa & Cardamom Cologne 100ml, \$200



PLAY ALONG

"The colour is intense and eye-poppingly bright, while the texture is buttery soft. I like how it smoothes even the driest of lips."



Natalie Pang, Special Projects Writer  
LANEIGE PlayNMore Intense Lip Gel in 5, \$36

PAINTING DIGITS

"These blendable nail polishes bring out the best DIY spirit in me. They are super fun for creating a variety of nail art designs."



Sifra Vania Yulius, Fashion Assistant  
OPI ColorPaints Nail Lacquer in Silver Canvas, Purple Perspective, Landscape Artist and Pen & Pink, \$16 each

(\*Beauty Best Friends)

Images Corbis/Click Photos Still-life Photography Nyen.



# "Can't Live Without These!"

*Our readers spill about the beauty products they absolutely love.*

Text Compiled By Ashlyn Wong. By tagging or participating on @CLEO\_Singapore, #ASLOVEDBYU, #CLEOsg or any other topic or group started by CLEO Singapore on Facebook, Twitter and/or Instagram, you grant us permission to use or reproduce your contributing post, tag, image and handle on Facebook, Twitter or Instagram in relation to any media.



## Ann Young, 18

Sofia Vergara once said "If I walk outside without lipstick, I feel naked", and I can't agree more. I absolutely love the innisfree Eco Fruit Tint in No.1 Cherry. It gives my lips a delightfully natural pink shade and can be worn on a daily basis.

Innisfree Eco Fruit Tint in No.1 Cherry, \$7



With Benefit's They're Real! Push Up Liner, I no longer have to wash my angled brush or worry about my gel eyeliners drying up! Just twist the base to get fresh product and draw on for a perfect lash-hugging, smudge-proof winged eye.

## Fiona Seah, 25

Benefit They're Real! Push Up Liner, \$40



## Rose Young, 22

Having hypersensitive skin makes it really difficult to find a sunscreen that will not cause acne to break out. I discovered ETUDE HOUSE Sunprise Mild Airy Finish and it had me at the first try. Super light and oil-free, it does not irritate my skin and is easy on my wallet!

ETUDE HOUSE Sunprise Mild Airy Finish SPF50+ PA+++, \$22



## Sarah Ee, 22

I love experimenting with all kinds of makeup, so proper makeup removal is very important in my daily skincare regime. I achieve this with Bioderma's Sensibio H2O as it removes makeup (even the waterproof ones!) really gently.

Bioderma Sensibio H2O, \$26.90



## Faith Tan, 33

#Nofilter selfies happen when I use Guerlain Limited Edition Meteorites Rainbow Pearls! Just a light dusting and my face is kissed with a healthy glow sans the awkward, unnatural dewy finish.

Guerlain Limited Edition Meteorites Rainbow Pearls, \$84





# Belle Fleur

*Nothing captures the memory of a carefree summer day better than Lanvin's Eclat de Fleurs.*

October can feel a little dreary when the warm rain makes an appearance, the once-beautiful flowers start to wither and the remnants of the summer heat still linger. And while we wait for cooler weather to arrive, it's hard not to reminisce about the days when flowers were in full bloom.

As much as we dislike the sweltering summer heat, being outdoors is simply irresistible when you're surrounded by natural beauty. It's not just the amazing colours, there's also that distinct smell in the air that invigorates – fresh grass, refreshing summer rain and blooming flowers.

They say scents have the power to trigger memories, but in the case of Lanvin Eclat de Fleurs, the delicate floral scent is so fresh that it evokes a mood instead – one that will have you kicking off your sandals and running freely in the meadows. One whiff of the scent and you're reminded of fresh flowers, and you'll be transported back to those carefree days of youth spent in parks and gardens. At first whiff, there is a refreshing burst of pear, before it settles into subtle notes of freesia, rose and jasmine sambac. And after the floral notes trail off, Eclat de Fleurs softly leaves behind the musky base notes of creamy sandalwood and white musk.

A scent is all it takes to alter your mood, so you can be wherever you want to be, and be whoever you want to be. And if a whiff of a fragrance can take us back to a time when there was nary a worry, we'll keep the Eclat de Fleurs close to us for a long, long time.



Lanvin Eclat de Fleurs  
EDP, \$71 to \$126

## Famous gardens in films

Here are some of the most iconic gardens that have graced the silver screen.



**Marie Antoinette**

You can't talk about gardens in movies without bringing up Marie Antoinette surrounded by opulent flowers in her fabulous Palace of Versailles.



**Pride and Prejudice**

It's hard to forget the beautiful green expanse where Mr Darcy confessed his feelings to Lizzie. The plains, the sun, the kiss – oh, just marvellous.



**The Secret Garden**

It was a truly magical moment when orphan Mary Lennox found her way into the garden and spent her days dancing barefoot and playing music with her friends.



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**BHG:** Bugis Junction • Century Square • Clementi Mall • Junction 8 • Lot 1

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# Age of Innocence

*So many products, so little time – is it OK to just skip some of them? According to Clarins, it's best not to, because targeted products help with specific problems, and it might just spell trouble if you miss out on any.*

Let's face it – the days of believing that the signs of ageing only show up in our 40s are over. In fact, with our mid-week drinks and other nocturnal activities, we're accelerating the ageing process. That's why delaying the onset of premature ageing should be a priority for us.

"Natural skin ageing starts at age 25, when the five vital functions of the skin – hydration, nutrition, regeneration, oxygenation and protection – begin to decline," says Leona Low, Training and Customer Care Manager with Clarins. "It's further accelerated by a hectic lifestyle, a lack of good skincare habits and exposure to environmental aggression." As such, it's important to start taking care of your skin at a young age to delay the signs of ageing.

## Double play

We know that moisturising is a crucial step in keeping our skin youthful, but is it enough? Leona advises including a serum in your regime. Serums are highly concentrated with powerful ingredients that can penetrate deep into the skin to treat specific skincare concerns, while moisturisers seal in the serum to keep your skin hydrated all day. Skipping the serum and

## GETTING TO KNOW YOU

Tap into more than 60 years of skincare expertise by signing up for a Skin Perfect Touch consultation. You'll get a one-on-one, 30-minute session with a Clarins Beauty Specialist who will address your skincare concerns and recommend the right products. Simply head over to [clarins.com.sg](http://clarins.com.sg) for details.

## WARM UP TIME

**Before applying any skincare product, warm up the product between your palms first for best results.**

"This is to ensure the product is well-absorbed into the skin. It also helps to drain away the toxins found in the lymph nodes around the temples and ears, for brighter, more radiant skin," says Leona. She also recommends that you start pressing the product into the skin from the centre of your face before moving to the sides.

putting on just your moisturiser is like capping your water bottle shut without filling it with water first – not very useful. To ensure you treat your skin right, Clarins Double Serum contains two serums in a bottle and features 20 of the most powerful plant extracts. "It's able to meet the skincare needs of different women – it leaves your skin firmer and more radiant, keeps wrinkles at bay, hydrates, and minimises pores," says Leona. Then seal it off with Clarins Extra-Firming Day Cream, which provides a moisturising boost so your skin stays soft and supple.

And while you're busy fussing over your face, don't forget about your neck. "The skin at the neck area is twice as fine as that of your face, and not as equipped to resist the harmful effects of UV rays and constant movement," says Leona. "These can cause horizontal lines and wrinkles to form around the neck area, skin to slacken, and a rougher skin texture." A targeted product like Clarins Extra-Firming Neck Cream intensely hydrates and nourishes the area. It also helps your skin to better cope with constant flexing and rotating movements. **C**

Double Serum  
Complete Age Control  
Concentrate, \$115

Extra-Firming  
Day Wrinkle  
Lifting  
Cream, \$130



Extra-Firming Neck  
Anti-Wrinkle  
Rejuvenating Cream, \$118

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# UPLIFT

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Uplift your skin's natural power  
With Shokubutsu's *amazing new formula*

*Introducing Shokubutsu's unique new formula that helps to melt away the stresses of modern living. Lack of sleep, work-related pressures, pollution, harmful bacteria, UV-rays and even air-conditioned environments can damage skin and cause premature aging.*



## Take Control of your Life and Feel the Wonder of Natural Power

Uplift your skin's natural power to cope with the strains of everyday life. Shokubutsu's exclusive uplifting formula contains 'PCA-NA', a natural skin moisturizer. This together with the revitalizing power of natural extracts helps provide for moisturized, healthier looking skin. Shokubutsu Body Foam is available in RevitaCare, Radiance, Anti-Bacterial and Men to target key skin stressors. Shokubutsu also offers Radiance and Men Facial Foam and Facial Scrub to help soothe, refresh and uplift.

**LION** LION CORPORATION (S) PTE LTD (A wholly-owned subsidiary of Lion Corp., Japan)  
[www.lioncorp.com.sg](http://www.lioncorp.com.sg)







Kiehl's Daily Reviving Concentrate, \$80, is non-comedogenic, non-acnegenic, mineral oil free and paraben-free. It helps to strengthen and protect the skin barrier for an all-day smooth, fresh and healthy complexion.



# Your Best Daytime Defense

*Facial oils boost moisture, reduce inflammation and fight wrinkles. Due to its bountiful benefits, they've become a skincare staple. The experts at Kiehl's share with us what went into the making of its Daily Reviving Concentrate.*

"When we set out to select essential and botanical oils to formulate with, we wanted to leverage the power of natural ingredients that had strong technical profiles to help protect skin and aid its visible appearance," says Dr Geoff Genesky, Head of Kiehl's Laboratory. "Kiehl's sunflower seed oil undergoes an extra distillation step that further concentrates an active fraction of the oil, but it is also gentle enough to maintain the oil's integrity. The result is a variety of benefits for healthy-looking skin, including the support of barrier strength to help ensure water retention. Tamanu oil has also been studied for its soothing effects, making it a great choice for a daytime product due to skin stressors present throughout the day. And we chose our specific

ginger root essential oil since in vitro studies have demonstrated the oil's antioxidant capability."

"These specific botanical and essential oils not only create a protective layer that diminishes the penetration of environmental aggressors that are known to weaken the skin, but also serve as a reservoir of benefits that continuously provide daytime hydration and boost the skin's ability to defend itself against aggressors throughout the day," adds Dr Adam Geyer, Kiehl's consulting dermatologist.

Just two to three drops of Kiehl's Daily Reviving Concentrate after a serum and before a cream is all it takes to boost your skin's daytime defense system and help reduce the signs of skin fatigue.

**In a recent survey of 1,800 women aged 35 and older, when asked "how many years older do you look due to skin fatigue?", the average response was 5.4 years.**

Source: Vera Quest, Online Omnibus Study involving women from the US, UK, China and South Korea.

## WHEN NIGHT FALLS

After a day of battling against environmental aggressors and oxidative stress, your skin switches to repair mode at night. While you sleep, the skin is most responsive to rejuvenation and recovery as there are few environmental stressors that detract from its healing process. This is why a night-time companion like Kiehl's Midnight Recovery Concentrate, \$80, is a must. This powerful concentration of squalane, evening primrose, lavender and rose hip seed oils, boosts the regeneration of skin when it is naturally programmed to best absorb active ingredients, which is typically between midnight to 4am.



- ✓ I want to conceal my skin flaws but worry that the makeup would irritate my sensitive skin
- ✓ Most makeup bases are not able to smoothen and cover the dry, rough patches on my skin

Fundamental Solutions  
for Sensitive Skin



Is your makeup base aggravating your sensitive skin?

## Achieve perfect coverage while protecting your skin from irritation

Wish you could cover the redness, rough spots and uneven skin tone on your face without aggravating your sensitive skin?

Smoothen and protect your skin with **Curél BB Cream**. The light texture provides high yet natural coverage for skin imperfections while strengthening skin against sensitivity.

### Made in Japan Curél BB Cream

Flawless  
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Comfortable  
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Strengthens  
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- Non-sticky cream spreads smoothly, allowing skin to breathe.
- Increase skin's resilience against external irritants with Curél's penetrating moisture-retaining ceramide care

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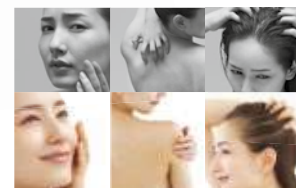


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\*Based on INTAGE Inc SFI Data,  
Sensitive Skincare Product Market,  
Jan 2013 - Dec 2014, Accumulative, Value Base



# Q&A

*Any question, any time!*

Got a burning question about makeup or skincare? Send it to us in no more than 20 words and our expert will get it answered!



## How do I know if I'm using enough sunscreen?

Min Leong, 19

This varies depending on the size of your face. For normal faces, 0.5–0.6g or a 50-cent coin size amount is enough. But re-applying after two hours is recommended for all sunscreens. A more frequent application is advised if you are under strong sunshine or you expect to perspire more than usual.

Neutrogena Ultra Sheer Complete UV Waterlight Lotion SPF50+ PA+++ 30ml, \$20.90



## What is the quickest and most effective way to remove makeup and cleanse my face?

Jamie Lee, 23

Makeup remover wipes are convenient as they remove makeup quickly and easily. Neutrogena's pre-moistened wipes sweep away makeup and dirt, whilst oil-dissolvers remove pore-clogging impurities.

Neutrogena Deep Clean Oil-Free Make Up Remover Cleansing Wipes, \$13.90

## Can I use whitening products even though I don't have pigmentation?

Ong Ling Ling, 23

Whitening products are versatile and aren't just for pigmented skin. Neutrogena Fine Fairness products help with both solving and preventing the problem, and will help give your skin an even tone and let you attain radiant, youthful skin.

Neutrogena Clinical Fine Fairness Radiance Essence, \$45.90



## What is the best sun protection solution for swimmers?

Sue Anne Lim, 20

Sunblock may streak and drip off when you apply it to wet skin. Neutrogena Ultra Sheer Wet Skin Sunscreen, however, can be sprayed on to wet skin without such issues, while offering high sun protection. Remember to reapply your sunblock if you're swimming for a long time.

Neutrogena Ultra Sheer Wet Skin Sunblock Body Mist SPF50+, \$26.50



## Can I skip moisturiser after applying serum?

Aisha Iskandar, 21

A serum is a concentrated treatment product that goes deep into the skin, while a moisturiser helps lock in moisture. For a comprehensive skincare treatment, combine a serum and moisturiser in your daily skincare routine.

Neutrogena Hydro Boost Water Gel, \$20.90



Images: Corbis/Click Photos.



# GOOD LOOK

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ALOE VERA



造型者离膏  
WHEAT



造型者离膏  
JOJOBA



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Sculpting Lotion



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Hair Cream



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Hair Spray



定型水  
Non Aerosol  
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Hair  
Moisturizer

超强定型发泡  
Styling Mousse

## Shower Cream series



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Goat's Milk  
Shower  
Cream



Almond Extract  
Shower  
Cream



Seaweed Extract  
Shower  
Cream

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Sculpting Clay



The Shiny Hair



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# Join the CLEO HAIR ACADEMY 2015



Picture this: you're scrolling through social media and everyone just seems to be having a good hair day. Be it effortless waves, chic lobbs or cute ponytails, the girls on your feed have got their mane on point. Well, it's your turn now. Back for our second year, the CLEO Hair Academy will equip you with quick and efficient hairstyling tips for your everyday needs. You'll also have a chance to get hands-on with Philips hairstyling tools and Dove haircare products – hair assistants will be there to guide you. So grab a friend for a fun afternoon that'll leave the both of you with enough tips to look gorgeous for all the girls' night outs in the future!

## What to expect:

**1.** Tutorials by hair experts on how to create stylish hairdos in the comfort of your own home.

**2.** Hands-on experience with Philips hairstyling tools.

**3.** Enjoy a goodie bag from Philips and Dove worth \$152.

**We'll see you at:**

**Date:** October 17, 2015    **Time:** 2 to 4pm

**Venue:** Pan Pacific Singapore, Pacific 1



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# Extraordinary **Emma**

*When it came to our Girl Power issue, we knew who we had to put on our cover. She's young, successful and, on top of it all, a fervent fighter for women's rights. So who better to front this issue than the stellar Ms Watson?*

We've all heard the story by now – Emma Watson answers a question correctly during a lesson in Brown University and a classmate goes, “Score 20 points for Gryffindor!” While some may never get over Emma as Hermione, the actress herself has sure proven she's no longer the little girl with bushy brown hair. On top of a booming acting and modeling career (and an Ivy League degree), the 25-year-old is now a loud and clear voice for the cause of gender equality. With her role as a United Nations (UN) Women Goodwill Ambassador, she has shown everyone the importance of standing up for themselves and others. The best part? Despite her fame and fortune, she constantly reminds us she's very much the Emma we've loved since 2001.

## **A compelling voice**

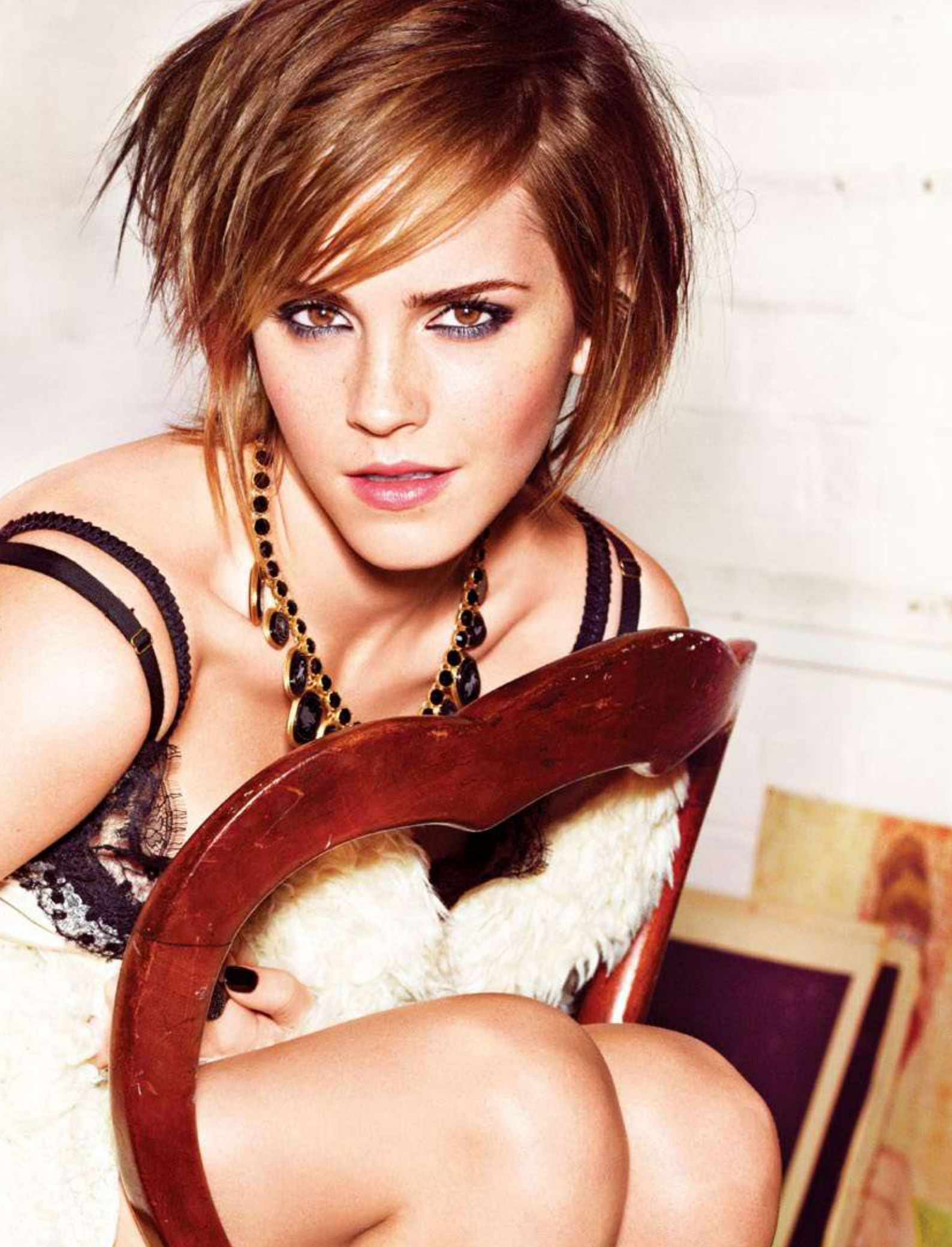
Emma is now with the UN, but her commitment to causes started way earlier. At 19, she joined fair trade apparel company People Tree as a

brand ambassador. And she wasn't just a pretty face there – she travelled to the slums of Bangladesh to find out the difference fair trade makes in alleviating poverty and launched a collection targeted at young people like her.

Despite an early start in humanitarian work, Emma still had insecurities when she was appointed to launch the UN Women's HeForShe campaign for gender equality last year. “You might be thinking who is this Harry Potter girl? And what is she doing up on stage at the UN? It's a good question and trust me, I have been asking myself the same thing. I don't know if I am qualified to be here. All I know is that I care about this problem. And I want to make it better,” said Emma in her speech at the launch.

We're also thankful Emma's not one of those feminazis who label all men as misogynists. She understands the importance of respecting both genders and invites everyone to join her. “How can we effect change in the world when







only half of it is invited or feel welcome to participate in the conversation?

"I want men to take up this mantle. So their daughters, sisters and mothers can be free from prejudice but also so that their sons have permission to be vulnerable and human too – reclaim those parts of themselves they abandoned and, in doing so, be a more true and complete version of themselves," said Emma in her HeForShe speech. Amen, we say.

### A passionate actress

When it comes to her job, Emma is equally passionate. She no longer works for money (thanks to her *Harry Potter* earnings) and the roles she tackles reflect what she loves and stands for.

After being good-girl Hermione for a decade, Emma's recent roles have been somewhat rebellious in nature. But it's not because she's eager to prove her coming-of-age. For all the characters she takes on, Emma puts personal meaning into them.

In a *GQ* interview, Emma reveals that she fought to portray the role of wild-child Nicki in *The Bling Ring* because she felt for the show's underlying message. "When I read the script and I realised that essentially it was a meditation on fame and what it's become to our society, I had to do it."

Of course, she's not all about social causes. Like any other girl, being a Disney princess is something on Emma's checklist as well. So when she got the lead role in the live-action version of *Beauty and the Beast*, the actress announced on Facebook, "My six-year-old self is on the ceiling – heart bursting. Time to start some singing lessons. I can't wait for you to see it." Well, if there's anyone more excited than Emma, it's definitely us.

### Our favourite girl-next-door

With such a stellar resume, we're tempted to put Emma on a pedestal and bow at her feet. But that's not going to please her because all she really wants is to be treated like any other. Opening up about her post-Potter fame, Emma reveals the unwanted attention she received while going

about her day-to-day activities. "Until the age of 18, I would take the Oxford Tube, which is a public bus. Then it got to the point where the fact that I was on the bus would spread from one end to the other. I'd think, Why am I doing this to myself?" said Emma in an interview with *W* magazine.

Like most of us, Emma studied what she was interested in, partied with her friends and dated a fellow student in college. But unlike many of us, who would whip our phones out at parties to snap pics and post them to Instagram or Snapchat, Emma would much rather keep her private life on the down-low. And she's made it pretty clear that her true friends would respect that. "I threw my 20th birthday party at Brown (University), and I didn't even have to say to anyone not to put pictures on Facebook," she said in a *Marie Claire* interview. "Not a single picture went up. That was when I knew I'd found a solid group of friends, and I felt like I belonged."

As opposed to celebs who exploit their popularity to grab headlines, Emma's desire to keep things quiet is refreshing. But what's even better is that she uses her fame to promote social causes.

So ladies, it's time for us to take a leaf out of Emma's book. No matter which cause you support, know that you have the power to make change. So stand tall, speak up, and let's do Emma proud. ☑

## For F's Sake!

F for feminism, of course. Emma may be the face of HeForShe, but she's certainly not the only star who supports the cause. Here's a look at other celebs who stand for gender equality.



Joseph Gordon-Levitt

The film star has been silent for some time, but he's definitely not slacking in this department. He posted a video on his Youtube channel which told the world his definition of feminism: "To me, it just means that

your gender doesn't have to define who you are. You can be whatever you want to be, whoever you want to be, regardless of your gender."

### Anna Kendrick

In an interview with *The Daily Beast*, the *Pitch Perfect* actress revealed her thoughts on the word "feminism". "It's practically become a curse word. Somebody says, 'Oh, you're being such a feminist,' and you're supposed to be, like, 'No, I'm not.' Why are we afraid of that word? It exists and we can't get rid of it, so let's fight for it and embrace it."



### Ryan Gosling

Memes of Ryan and feminist quotes have been floating around and one of them says, "Hey girl. Tell me to go make you a sandwich." Granted, he didn't actually say that, but the man himself did speak up for women when the oral sex scene in his film *Blue Valentine* generated controversy. "It's misogynistic in nature to try and control a woman's sexual presentation of self. I consider this an issue that is bigger than this film," said Ryan in a statement to the Motion Picture Association of America.





# Have a healthy snack



## Ingredients:

6	Mission 6 Grain Wraps	2	Cinnamon sticks
	Chicken breast, boiled	2 tbsp	Coconut oil
3	Grated coconut pieces	100 gm	Fennel seed, toasted
50gm	Kerisik	50 gm	Cumin, finely ground
3 cm	Ginger	50 gm	Palm sugar
2 cm	Galangal	4 tbsp	Low fat Mayonnaise
3	Lemongrass stalks	5 tbsp	Vegetable oil
50 gm	Dried chillies	1	Cucumber, chopped
300 gm	Shallots	6	Coral lettuce, slices
4	Garlic cloves	1	Carrot, chopped
2	Star anise		Salt to taste

## Method:

1. Blend the ginger, galangal, lemongrass stalks, dried chilli, shallots and garlic cloves into a paste.
2. Boil the chicken breast until cooked through, then shred by hand into floss.
3. Heat vegetable oil, sauté blended ingredients until fragrant.
4. Add in the coconut oil, cinnamon and star anise.
5. Add in the palm sugar and salt, wait until the mixture thickens, then add kerisik and chicken.
6. Finally add cumin and fennel.
7. Cook until dry, and cool completely.
8. Mix the cooled serunding with the mayonnaise, carrot, cucumber and lettuce before placing on the wrap to make a roll.





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# Your Life, Your Rules!

- Confidence
- Relationships
- Love & Lust
- Money & Career

## Five Things You Should Never Apologise for

### #SORRYNOTSORRY

#### 1 Your success

You've worked hard to get to where you are, so don't let those killjoy friends get in your way. There will be people who will be less-than-enthusiased about your success, only because it's a reminder of how they didn't work hard towards achieving their goals. You are not responsible for their feelings of insecurity – so you do you, girl.

#### 2 Saying no

It doesn't matter whether you're rejecting the advances of a skeezy dude hitting on you at the bar, or declining yet another drinking session with your girlfriends – it's OK to say "No, I'm not interested", or "No, I'm unable to attend." Do the things that make you happy – you're not obligated to make everyone else happy.


#### 3 Ending a toxic friendship

There's nothing more tiring than maintaining a relationship with a frenemy. They're the ones who expect you to be there for them 100 percent of the time, yet disappear when you need them; drain you emotionally, and hurt you all the time. Why are we friends with them again? It's time to cut them out of your life. And when you do, don't feel sorry about it. You deserve good things.

#### 4 Leaving work on time

We all have those colleagues who come in early in the morning and are still slaving away at their desks when it's way past 6pm. Well, just because they "live" in the office doesn't mean you have to. You've finished your tasks, are on top of things and worked hard during the day, so you're entitled to knock off on time. Don't be sorry that you want to have that extra time to do the things you love!

#### 5 Hating something else that everyone loves

Can't stand Taylor Swift? Don't get the appeal of Benedict Cumberbatch or Chris Hemsworth? It's a lonely road when you're not a fan of something universally-loved, but wear that hate loud and proud, sis. 



Images Corbis/Click Photos Text Natalie Pang.



# Bosom Buddies

October is Breast Cancer Awareness month and as the calls for health checks come in, there's one more thing we should do – get up close and personal with our BFFs. So we rounded up some girls and got them to share what they felt about their “girls”.



## GROWING UP IS SCARY

Puberty is a crazy thing – one day we're running around topless, the next, our mum forces us to start wearing training bras everywhere.

"Growing up, I was really embarrassed about my lack of breasts when my friends had them. Then my growth spurt finally kicked in – and then some. It left me a little self-conscious of my rather substantial rack. From then on, everything slightly low-cut looks salacious, it hurts when I run, it's hard to find cute bras... the list of cons go on. I still wish they were slightly smaller, but they are what they are. It took me a while to learn to live with them and love them, and that's what's most important."

Natalie Pang, 27, Special Projects Writer

"My boobs starting growing when I was 10 and at that time, I felt like it made my body look weird and lumpy. I've since grown to embrace and love my lady lumps."

Caroline Lim, 27, Events Coordinator

"As an early bloomer, I was painfully conscious of my breasts when I was growing up. The guys in my school would tease me mercilessly, and old men would leer at me in public. As a result, I wore a sports bra to make them look smaller throughout most of my secondary and JC school days. I've since learned to accept and embrace my size and I'm always expanding my lingerie collection to make up for those early years."

Janice Chew, 26, Senior PR Executive

"Being a teenage girl isn't easy by any stretch of the imagination. Growing breasts was simultaneously amazing and horrifying. Suddenly, you had to start wearing training bras that itched like the fleas of 1,000 camels. Your chest felt like it was going to break in half every time Aunt Flo rolled around and you became acutely aware that they were too small or too big or not quite the same size as each other. As strange as the experience was, I'm glad I have them. They do not define me as a woman but, to paraphrase Fergie, I do love my (nearly non-existent) lady lumps."

Vanessa Vanderstraaten, 27, FLY Entertainment Artiste

## LOVE ME LIKE YOU DO

Do we need reasons to love and embrace our boobs? Um, not really.

"I never had boobs growing up – I thought they would grow eventually. Now that I'm older, I realise that my boobs are never coming to the party. I also realise that small boobs also need all the support, and regret not paying more attention to them so I would have small but perky boobs!"

Elizabeth Lee, 31, Sales Executive

"I never really thought about my breasts or what they meant to me till now. I just gave birth and I'm breastfeeding. All of a sudden, my breasts have a function: to sustain my precious baby. This made me realise how important my breasts are to me as a woman, and as a mum."

Tracy Tan, FLY Entertainment Artiste

"It's taken me 12 years, but here I am: confident enough not to avoid my full-length mirror as I enter my room after a shower. They're two handfuls but if they looked any different, they wouldn't be mine. And they wouldn't be mine to love."

Shabna Feroz Khan, 21, Undergraduate

## SAME SAME, BUT DIFFERENT

Big or small, inverted nipples or not, our boobs are just that – ours. And no one can (or should) shame us for it.

"I love them, but at the same time, I wish they were slightly smaller because, hello, underboob sweat! Also, when I do sports, I have to worry about whether my sports bra is able to provide adequate support, especially when it's for activities like running or muay thai. You would think a sports bra can cover every activity, but when one almost gets a nip slip during yoga, it's time to do some research. Plus, reading articles about how your boobs will sag even more when you run regularly makes you want to squeeze those babies into a tighter bra."

Fey Cho, 29, Manager

"I think it's really cool that every girl has their own unique pair of breasts. Of course, sometimes I wish my breasts were more 'perfect', but I'm happy in my own skin because this is me, and there's so much more to a girl than her physical looks."

Victoria Sim, 21, Undergraduate

"Big, small, long, round, pear... Like a thumbprint, no two women will have exactly the same chest. And that, to me, is so empowering. I was always shy growing up, as I think many girls are, and then I grew to embrace that it's such a dynamic part of me as a young woman."

Elizabeth Lazan, FLY Entertainment Artiste

"Growing up, I was 'one of the boys'. And it always made me so insecure when they talked about other girls' boobs, saying things like 'pancake nipples' or 'she's so flat, she looks like a boy'. It made me question which category I fit under and was unsure whether or not I was normal. Now I am completely comfortable with my boobs, and I know that everyone has a unique pair – and that is what's normal."

Paige Tyler, 22, Undergraduate

## Relax, you're totally normal if...

### ✿ You have hairs on your nipples

It's quite common to have the odd hair sprouting from your nipple. To get rid of it, tweezers are your best bet. But if you have much more than just a few strands, check in with your GP because it can be a symptom of polycystic ovary syndrome.

### ✿ You have inverted nipples

This means they're turned inwards, which can happen from birth or when your breasts are developing. Rubbing may cause them to protrude and they can change as a result of developing or after childbirth and breastfeeding.

### ✿ Your areolas and nipples aren't perfectly formed

Areolas and nipples come in many shapes, sizes, colours, directions and can even be different on each breast. Relax, it's normal.

### ✿ You have stretch marks

It's actually more common to have stretch marks than not to have any at all. Breasts grow fast and change size over the course of your life. If you hate how they look, don't fret – they will fade in time and applying rosehip oil will speed up the process. ☑



# PARTY LIKE IT'S 2025

*How incredible could your life be in 10 years' time?*



Just think – 10 years ago, no one had Facebook, phones were as sexy as microwave ovens, and the Kardashians hadn't even mastered the selfie yet. The point is, a lot can happen in a decade. So if today's inventions leave you amazed, just imagine what the next 10 years could bring.

## Will my car drive for me?

Driverless cars feel too *Minority Report* for right now, but consider this: Google's much-hyped autonomous car has covered more than 1.1 million km in "live" road testing without so much as a scratch. And your current ride is already part robot; many new models already park for the driver or have computerised safety systems that are programmed to activate just in case you forget road bends. But Volkswagen's Kurt McGuinness says while technology is a step towards self-thinking Beetles, the jury's out on driver-free cars. "Safety systems will develop over time, but the need for drivers will still exist in 2025. The legal responsibility will be with the driver to have control over her car." Bummer.

## How will technology affect my beauty routine?

Three words: 3D makeup printers.

Swedish brand FOREO – the makers of the Luna facial brush – already debuted a "digital makeup artist" that scans your features then uses triple layer 3D printing to create any makeup look you want.

## Will I be eating insects for lunch?

You may have to get your head around stir-fried insects as a lunch option. After all, 80 percent of the global population already indulge in them regularly. "With a growing world population, it's not going to be possible to produce enough animal protein through fishing or farming to feed everyone," says Dr Alan Yen, a biologist from LaTrobe University. "Many insects provide the required protein with a much smaller ecological footprint."

## Will contraception be easier?

The invention of the pill basically changed history, and the woman of 2025 looks like she's going to have even more control over her body than we do now. Bill Gates has put his wallet behind a US biotech company hoping to pioneer an implantable wireless contraceptive device that women can turn on and off without having to go to a doctor. Even more sci-fi is the

theoretical "career pill" that's in the early stages of research in the US. The idea behind it is that women can delay ovulation in their twenties so they can resume it later in life when they're ready to start a family. "The big question would be whether the eggs, which have been preserved, would be of sufficient quality to be fertile," admits Dr Roger Gosden, the man who came up with this biological pause button.

## What will technology do to our bodies?

One thing that could happen is that getting fit would be a lot less confusing. Rather than feel your way through a minefield of exercise fads, you'll be able see a "personal geneticist" who will examine your DNA and give you an analysis of what you really should be doing to enhance your fitness.

## How will the future me take holidays?

First, your body will be your passport (so you can never leave it at home). Eye and facial scanners will identify you at security. Even your unique body odour could be used as ID. Next, it will only take five hours to get to New York (direct!), thanks to a new breed of supersonic jets. **C**

# DIRECT ACNE COMBAT

Who says you can't have products that remove makeup, prevent acne and tighten pores? Enter the **Eucerin DermoPURIFYER Acne & Makeup Cleansing Water.**

The journey to clear skin is frustrating – despite cleansing your face every day, there are days when acne pops up and you spend precious time poring over labels to ensure you pick a product that's gentle on your skin yet tough on acne. Thankfully, the Eucerin DermoPURIFYER range includes effective, dermatologically-tested products to solve your acne woes.

## REMOVES ALL IMPURITIES

The first step to clear skin is to get rid of makeup, grime, sebum and other icky debris before cleansing. Eucerin DermoPURIFYER does just that. Its Acne & Make-up Cleansing Water contains APG Complex, a naturally-derived surfactant that gently yet thoroughly removes grime from your face. What's more, it tightens pores and treats acne with just one wipe!

## POWERFUL INGREDIENTS

What makes Eucerin DermoPURIFYER so powerful and effective? The key ingredient is lactic acid. It targets clogged pores where skin impurities collect and fester, and treats inflamed acne without drying your skin. This gentle acid also sloughs off dead skin cells, stops the formation of new acne, and promises a healthy, clearer complexion in 30 days.

Eucerin  
DermoPURIFYER  
Scrub, \$21.90



Eucerin DermoPURIFYER  
Active Concentrate, \$29.90

Eucerin DermoPURIFYER Acne &  
Make-up Cleansing Water, \$27.90



Eucerin DermoPURIFYER  
Cover Stick, \$26



## TRIED AND TESTED!

Amelyn Kua, winner of the Eucerin 30-Day Challenge, shares with us how Eucerin changed her life.

*“I've been using various products to help with my acne problem, but they either dry out or irritate my skin, and just aren't effective. So when I found out about the Eucerin 30-day challenge, I was very keen to test it. To my surprise, my complexion improved after using the Eucerin DermoPURIFYER. Not only did it prevent acne from re-appearing, it was very hydrating and gentle on my skin as well. My favourite product is the DermoPURIFYER ACTIVE Concentrate, because of its light, fast-absorbing texture. It leaves my skin hydrated without leaving an oily finish.”*

**Eucerin**

MEDICAL SKIN SCIENCE THAT SHOWS



# Why It's All About THE SECOND DATE



*With social media stalking taking the hard work out of the first date, round two is when you really get to know him, says Millie Chandler.*

Oh, the power of the internet. It's brought us so many incredible things so far, yet it's also the main reason why there's no such thing as a blind date any more. These days, all you need is the name of the guy and you can go to town like an FBI agent tracking down a suspect, all from behind a crumb-littered keyboard.

"Date-stalking online has completely changed the landscape of how we hook up," explains sex and relationship guru Somerset Maxwell. Well, this is definitely the case for Sarah, 25, who won't even think about meeting someone unless she has carried out her own internet search on them. "I make sure that I check out every profile, 'like', tweet and comment I can," she tells us. "And I even have a fake LinkedIn account because that site lets the person know who has been looking at their page."

As you delve into the date-stalking vortex, you have the ability to analyse the aspect of your potential date's online identity. "Because of this, the first

date is usually pretty quick; it's to check that the person isn't a psycho," says Somerset. "It's all about the second date now."

## SETTING THE SCENE

If you do decide your guy is worthy of moving onto phase two, the location is vital. Go somewhere relaxed, like your

local pub or cafe. Try to keep things low-key, and don't go somewhere overly noisy or with too many distractions. Also, it's a really good idea to suggest that you two start off with a drink, then if things are going well, you can move on to dinner. If you commit to both right away, it's harder to leave after a drink if you're not vibing.

## KISS AND TELL

Two CLEO readers share their second-date stories.

### Nailed it

"I'd already done my preliminary first-date coffee and was really into the guy. We met at a bar by the beach and chatted all night. We've now been together six months and he says the reason it went so well was because I wasn't overly pushy the first few times I met him. It made him feel special that I chose to spend time with him." Jen, 20

### Failed it

"I thought things were going really well with my date, until he started telling me about his job. He said he was a big-time music producer, but I knew from all his social media profiles that he worked in a record store. When I called him out about it, he said I was the weird one for knowing so much about him already by the second date!" Sofia, 25

## THE DATE GAUGE

Your intuition will usually kick in if the date is bombing, but if you need some objective signs to confirm that it's a bust, sex therapist Maxine Abbott says you should look for these classic signs of "It's not going so well":

1. Extended periods of silence;
2. Wanting to check your phone;
3. Checking out guys around you (or vice versa);
4. Being put in the friend zone.

Conversely, if you end up staying out way longer than you planned and all your "awkward" silences are filled with you grinning ear to ear, then, congratulations, it's time to sign up for date three! **C**

# CONQUERING EVERY DAY

So much to do, so little time? The **Laurier Empowered Woman** series shows you how to make each day count, so you can always live life to the fullest.

## MORNING

When it's go time, all the time, it's important to make sure you kick your day off the right way so you feel fresh and ready to handle the challenges ahead. A great habit to cultivate is to keep a glass of water on your bedside table, so you can have a drink the moment you wake up. A shot of instant hydration banishes any lingering sleepiness and fires up your systems to start you on the right path!

6 AM  
Up and  
at 'em!

**HOW TO STAY AHEAD:** A surprise "visit" from an unexpected guest is the last thing you want to wake up to. Use the handy **Laurier Period Log\*** tracker app to remind yourself when your period is coming so you don't have to worry about getting the wrong kind of wake-up call.

\*Available for free at the Google Play and Apple App Store.

## AFTERNOON

Note  
to self:  
Time to  
recharge!

Suffering from post-lunch fatigue? Beat the mid-day slump to keep powering through your afternoon with the help of some simple desk exercises. Take a break from your task to rest your mind while moving your legs, neck and back to rev up your circulation. A great way to stretch your legs in a tight space? Cross one ankle over the opposite knee, then bend forward from the waist. Freeing up the tension in your body will give you a great boost.

**HOW TO STAY AHEAD:** Your body may feel especially sluggish when you have your period,

Simply log on to  
laurier.com.  
sg/1mmsample to  
redeem your free  
Laurier Super  
Slimguard 25cm  
sample pack.

draining your energy and productivity. Don't let the fear of a sudden gush stop you from waking up your body and your mind; **Laurier Super Slimguard** is 200x more absorbent and absorbs fluids 2x faster so you can move around freely, and without worry.

## NIGHT

An active social life is a blessing, but when you're low on energy, a dinner date or plans for a big night out can feel more like a burden. A simple way to switch gears from work to play is with scents. Not only will you feel refreshed, perfumes with a hint of citrus will help reinvigorate you for a night out, while calming jasmine and lavender can chase away work-related stress.

7 PM  
It's a  
P-A-R-T-Y!

**HOW TO STAY AHEAD:** Confidence is all about how you feel, which is why your period shouldn't make a difference to how comfortable you are. With the **1mm-thin Laurier Super Slimguard**, you won't even notice your pad, or worry about visible pad lines, leaving your mind free to focus on what's important – making the most of each moment!

Bejeweled Nails.



## GRAB LIFE WITH BOTH HANDS!

Redeem a classic  
manicure session  
with crystal nail art  
(worth \$35)!^

To qualify, purchase \$25 worth of Laurier Super Slimguard products and 1 pack of Laurier Active Fit Pantyliners and upload a scanned copy of the receipt at [laurier.com.sg/ShineWithConfidence](http://laurier.com.sg/ShineWithConfidence).

^While stocks last. Terms and conditions apply. Refer to website for more information. Promotion ends October 31, 2015.



## TOP OF YOUR GAME

You should always feel at your best – even when you have your period. Laurier Super Slimguard helps keep you empowered all day long thanks to its **1mm-thin design** that's also **200x more absorbent\*** and **2x faster\*** in absorbing fluids. You'll stay dry and confident round the clock, ready to take on whatever life brings you.

\*In comparison with our company's previous range.





# Help, I'm in Debt!

*A new skirt here, a getaway there – you'll just pay it off later, right? Wrong. Getting on top of your credit cards and other IOUs starts right now.*

## 1. Run to the pain

Debt and denial go hand in hand, and credit card spending is insidious because it's so "invisible". Begin your turnaround by tallying up your debt so you know exactly where you stand. It will feel nasty, but don't fret because it's the start of a new life.

## 2. Know you are in control

It's very easy to blame messy finances on just about everything from "the economy" to "my parents' terrible example", but those things have almost no impact compared to your own cab habit or taste in sexy shoes. The problem and the solution are in your hands.

## 3. Identify your own debt traps

Do you double spend every dollar (spending all your cash and the same amount on cards, feeling like it's the same dollar when it's not)? Are you a sucker for bargains, sales, credit card rewards or e-mails from ASOS? Notice them, then nix them.

## 4. Don't be a social media sucker

When you see a friend's Maldives snaps on Instagram, you feel like you ought to be able to afford the same sort of vacay. Chances are she's charging it, so focus on your own reality, not her unreality.

## 5. Re-evaluate "status" symbols

That A-Wang bag you still owe the bank \$2,000 for (plus interest!) only *looks* like a status symbol. A healthy savings account and a credit card paid off in full each month are so much cooler.

## 6. Get cash-tastic

When heading out for a big night, leave your card at home and take a reasonable amount of cash instead. When it's gone, your night's over. No debt hangover in the morning!

## 7. Understand hedonic adaptation

You lust after something for weeks and weeks. But when you finally get it, suddenly it doesn't feel as exciting anymore. That is hedonic adaptation: the brain's ability to get used to things that once felt like luxuries. This is one of our main reasons for constant, ever-higher spending. Once you understand how your brain is tricking you into wanting more and more, imagine yourself on the other side of that purchase and you'll be less inclined to go through with it.

## 8. Enjoy your first taste of freedom

Congratulations! You've managed to say no to that "little" something. Now, it's time to let the amazing momentum build from here. ☑

### Money advisor Ali Cassim shares her tips on getting credit-card savvy.

**1** Don't be so overly focused on credit card rewards. Usually, to earn that free flight to Melbourne, you will have had to put 10 times the cost of it through your card.

**2** Be wary of interest-free periods. If you've committed yourself to attacking your debt once and for all, rolling it over to a new card with zero balance transfer can be a really good idea; but check what the rate will be if you don't achieve that in the given time.

**3** Don't have direct debits coming off your credit card. They add up without you even noticing.



# TIME FOR Q&A

*TruLife answers your questions on health supplements.*

**Q** I often eat out because I'm too tired to cook by the time I reach home after work. Is there a supplement I can take to help counter the effects of oily hawker food?

Opt for a detox supplement that contains natural ingredients, like the **TruLife Herbal System Detox**. With six natural active ingredients including green tea, lotus leaf, hawthorn fruit and cassia seed, this health shot helps to enhance digestion, improve metabolism and slow down the absorption of fat and carbohydrates. It has a slightly sweet and fruity flavour, which makes it a joy to drink at the start of each morning. This locally-made drink is inspired by TruLife's TCM roots and keeps you on track to great health.



TruLife Herbal System Detox, \$45.95

**Q** I don't usually enjoy the taste of liquid supplements. Is there anything I can do to overcome this?

You can either mix it into a beverage you like or better yet, make a delicious drink out of it. Here's a yummy recipe to start you off:



TruLife Collagen Cell Renew, \$56.60

**Q** Is it true that collagen supplements will cause me to put on weight?

It depends on the brand of collagen supplement you take. Go for those without added sugars or additives, such as the **TruLife Collagen Cell Renew**. With a subtly sweet flavour, you

can enjoy it without worrying about your daily caloric intake! The drink also has 15,000mg of the purest form of Micro Marine Collagen Peptides, which is the highest concentration in the market so far, to help keep your skin looking firm, smooth and supple. Not to mention, it's easily absorbed by the body and even contains vitamins B, C, E and B Complex to boost your skin's natural defence system.



## Yuzu Blueberry Soda

Serves one

### Ingredients

- 1 bottle TruLife Collagen Cell Renew
- 1 can soda water or sparkling water
- 50ml yuzu juice
- 5ml lemon juice
- A cup of ice
- A slice of lemon
- A handful of blueberries

### Instructions

1. Place ice into drink shaker.
2. Pour in the TruLife Collagen Cell Renew, Yuzu juice and lemon juice.
3. Shake and mix well.
4. Pour into a tall glass.
5. Top it up with soda or sparkling water.
6. Garnish with blueberries and lemon slice.

## Tried and Tested

*Two readers gave the TruLife products a go and here's what they love about it!*



"I was initially skeptical about the TruLife Collagen Cell Renew, but after trying it, I'm sold! My skin feels more hydrated even though my beauty routine remained the same. Also, the drink tastes really good and I would totally drink it even if I didn't know it has such great benefits for my skin."

Crystal, 29



"TruLife's Herbal System Detox really helped to suppress my cravings! After eating regular meal portions, I felt fuller and more energised after drinking the supplement. I didn't feel the urge to snack and I loved the benefits of its active ingredients (green tea, lotus Leaves and hawthorn fruit) too."

Yvonne, 21





# Say Goodbye to **OFFICE POLITICS**

Whether you've been at a company for five days or 10 years, political traps abound in the workplace. Here's how to spot, and avoid, any potential potholes.

## **YOU'RE THE NEW KID ON THE BLOCK**

**Look out for:** *The Gossip-mongers*

It can be tempting to trust the first friendly face you meet in the pantry. But while it's important to bond with your new colleagues, it's just as crucial to avoid falling into the trap of engaging in office gossip in order to fit in. How do you know if someone is genuinely interested in you, or just out to gather intel – be it on you or even your boss? It's all about the tone and content of the conversation... Pay attention to how the other party asks questions and the nature of the queries. And, when gossip comes your way, make sure you don't pass it on.

**Look out for:** *The Credit-takers*

You're new, brimming with ideas and happy to share them... until you realise your more senior co-workers have started taking your words and claiming them as their own. Put a stop to this by making sure your boss is the first recipient of these ideas. Instead of sharing them freely over lunch, send your boss and co-workers e-mail updates of your projects, and ask for their thoughts on your proposals.

## **YOU'RE THE SEASONED PRO**

**Look out for:** *The Alliance-seekers*

For some people, the workplace is just like a real-life version of *Survivor* – they're constantly trying to pit one colleague or idea against another. On the one hand, networking and forming alliances with the right people makes sense to get ahead. After all, there's a difference between playing dirty, and being plain naïve. However, the alliances you form should be with people you can trust – both to do the right thing for the company, and to hold up their end of the deal.

## **YOU'RE THE BOSS**

**Look out for:** *The Rabble-rousers*

As a manager, how you handle even the most petty of disagreements is crucial. Leaders have the power to prevent politics from overtaking the office by managing the tension within groups. So resist the temptation to get involved as soon as anyone comes to you with a workplace conflict. Instead, you should urge the parties involved to resolve the matter as professionals – not only will it solve the particular problem at hand, it also acts as a deterrent to prevent the same thing from happening again. ☐

## Forget Your Real-Life Work Woes With These TV Shows...



**The Office**

These guys will make you see – and appreciate – your peers in a whole new light.



**House of Cards**

Got your eyes on the corner office? Frank Underwood's play for power will keep you inspired for days.



**Suits**

Make like Mike Ross and start taking notes from the many wise mentor figures on the show.

# BALL IN YOUR COURT

There are no shortcuts when it comes to scoring a goal or a degree. Let SIM Global Education (SIM GE) help you strategise a sure-win game plan for your future.

## GOAL Bachelor of Arts (Honours) in Sports Studies and Marketing (Full-time/Part-time)

When you think Olympics, SEA Games or Commonwealth Games, you think of athletes clamouring for medals. But did you know there's a billion-dollar industry behind these sporting events? A degree in Sports Studies and Marketing from the University of Stirling can help you build a successful career in sports management.

GA

## TOP-NOTCH

University of Stirling is Scotland's University for Sporting Excellence, is ranked among the top five percent of universities in the world\*, and is among the top 10 universities in the UK for sport\*\*.

## KNOWLEDGE IS POWER

- Acquire knowledge and critical understanding of sports policies, planning, management and delivery of sporting opportunities to the community.
- Develop an understanding of the unique features of sports-based marketing.
- Get an awareness of how sports contributes to and is constitutive of historical, social, political, economic and cultural forces.

WA

## QUALITY STUDY

Lectures are delivered by faculty members from University of Stirling. They're experts in their field, giving you a quality education with a global perspective.

C

## GLOBAL OUTREACH

You'll also have the option to spend a semester of study at University of Stirling itself in Scotland, where you'll be able to experience the institution's excellent research facilities and resources.

WD

## SHINING STAR

Think of the vast number of opportunities you'll get after you graduate. With a degree in Sports Studies and Marketing, you'll get to understand the sports sector from the inside-out and be adept at marketing sporting products and services.

GD

## EXEMPLARY REWARD

If you have a great track record in terms of your studies or sporting achievements, apply for the SIM GE Scholarship. It covers all compulsory fees and there is no bond attached to the scholarship!

GK

University of Stirling also offers BA (Hons) in Retail Marketing



# So you think YOU WANT MY JOB?

*From working on The Nightmare Before Christmas to the Madagascar series, Kendal Cronkhite shares about life in Hollywood, and what it takes to bring characters from sketch to screen.*

**NAME**  
Kendal Cronkhite  
**JOB**  
Production  
Designer at  
DreamWorks  
Animation



## Always jump at opportunities

"I didn't intend to design for film. I was an editorial illustrator at the time and I was referred to Henry Selick on *The Nightmare Before Christmas* because my personal illustration style was similar to what they wanted. I love drawing and painting and I got to do that on this movie. I also built models, painted puppets, and did scenic painting and dressing on the sets. I crawled around all those sets adjusting all day! The process really fulfilled all my creative passions and I was hooked."



### The devil is in the details

"A Production Designer designs the entire look of the movie. We hire our art team and work with them to design the environments, characters, props, and lighting. Everything has to be designed, from the leaves on a tree to the shape of an ear.

My days change over the course of a production. In the beginning, I'm mostly at my drawing table or computer designing, collecting references, hiring my team, and having many conversations with the directors about the vision for the movie. Then when the team gets going, I'm over at other artists' desks looking at their work, sketching ideas and building the look of the film through each relevant

## CAREER EXPERIENCE

**1989**

Graduated with a BFA in Illustration from Art Center College of Design

**1989**

Freelance editorial illustrator in Canada and New York

**1991**

Assistant Art Director at Skellington Productions/Disney

**1995**

Art Director at Skellington Productions/Disney

**1996-present**

Production Designer at DreamWorks Animation

department. This happens over a period of three to four years and I'm usually one of the first positions hired and the last to finish the show. The complexities of this process are staggering!"



### Have your own style yet be flexible with it

"To be in the business, you need a great artistic foundation – you have to learn to design

well, understand composition, color, and art history. Find your particular artistic point of view or style, but be able to have some stylistic flexibility as well, as this will help your longevity in the business and keep you creatively challenged. Watch other movies and understand what makes a well-designed film and how design can support the story."

## Always go with the flow or you'll be left behind

"I started in stop motion, so my adjustment to 3D Computer-generated Imagery (CGI) was not as bumpy as you might think. I went from designing a 3D world practically to designing it in the computer virtually. I guess that was the biggest bump. I was used to getting my hands on everything, crawling around a set, walking around a sculpture of a character, moving real lights, drawing with charcoal and ink, and painting on paper. Now, everything I judge is on a flat screen. At first, it was hard getting a feel for that and to really understand how texture and color worked in the CGI space. And in the early days, the software capabilities were pretty limited as well. A character could barely cast a shadow on our first CGI film, *Antz*. Now, we can do very complex things, but [creating] CGI fur is still expensive!"

## Talk to the Beauty Expert



Are your eyes making you look older? Fret not, a DRx expert is here to sort out your woes.

◆ Dr Tsu Boon Hsiung  
MBBS (Singapore), GDFM (Singapore)  
The DRx Clinic

### THIS MONTH'S SKIN PROFILE

**Age:** 25    **Type:** Tired-looking eyes

**Woe:** "Long working hours and late nights are causing my eyes to look tired with fine lines and dark eye circles."

**“HELP! I have fine lines and dark circles!”**

"Dark eye circles are caused by a combination of factors, such as vascular congestion, pigment deposition and the thinning of skin around the eyes. Poor lifestyle factors such as sleep deprivation and medical conditions such as allergies can worsen the appearance of undereye dark circles. As such, adequate sleep is important to improve dark eye circles, but it may not get rid of them completely, especially if the other causes are not addressed.

You may consider simple quick-fix remedies such as applying ice-packs, gentle eye massages, eye relaxation

exercises as well as reducing your salt intake to help alleviate eye fatigue. Also, treating underlying precipitating conditions such as allergies and improving lifestyle factors such as lack of sleep are important. For daily maintenance and your skincare regimen, it is extremely important to include a topical eye product that hydrates, firms, brightens as well as protects the eye area from harmful UV rays.

One such product is the Derma-Rx Eye Serum, which is scientifically blended with carefully curated ingredients specifically designed to

counteract eye bags, puffiness, dark circle, fine lines and wrinkles. Its synergistic blend of neuropeptides uses a targeted time release technology to effectively relax muscle contraction, improving the appearance of wrinkles and lines of expression. While bioflavonoid aids in lightening dark circles and reduces puffiness near the eyes, a natural carbohydrate complex found in the human skin generates a long-lasting supply of moisture in the skin for a smooth, soft and supple skin texture. Over time, your eyes will appear firmer and more luminous."



## EYES HAVE IT



For even better and faster results, one may consider the all-new RF Eye Rejuvenation Treatment available at the DRx Medispa. Combining RF (radiofrequency) energy with Derma-Rx Eye Serum, as well as a pampering massage, you'll get firmer and more radiant-looking skin around the eye area in just one session! This is made possible by the increasing heat from the RF rays, which modifies the collagen deep within the skin to cause contraction and stimulate the growth of new collagen over time. At DRx Medispa, the RF Proionic energy used is so safe that even those with sensitive skin can benefit from this.

### CLEO EXCLUSIVE

Quote "CLEO October" to enjoy 40% off your first trial of **RF Rejuvenation Eye Treatment**.

Valid from October 1 to 31, 2015.

**The DRx Clinic**  
#16-01, 302 Orchard Road,  
Tong Building, Singapore 238862  
Tel: 6733 1555

**The DRx Medispa**  
#14-02/03 and #16-02,  
302 Orchard Road, Tong  
Building, Singapore 238862  
Tel: 6733 1555







Get the Tablet Edition

# More of Everything You Love!

Enjoy these goodies only in the digital edition of CLEO.

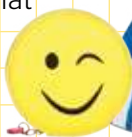
## Up in Smoke

Wear the smokey eye look without looking like a panda! We've got the tips and tricks.



## CLEO Paperdoll

Create your perfect outfit with our digital paperdoll. You can even share the look with your friends via social media.



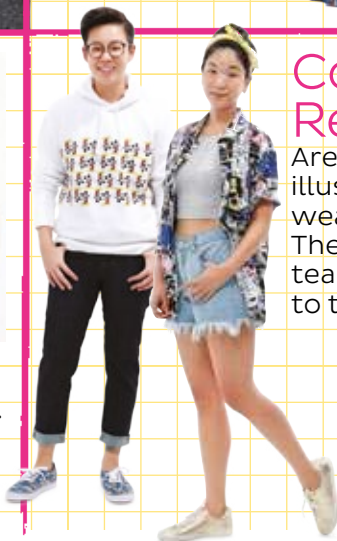
## Get Your Halloween Costumes On Fleek

There's a fine line between sexy and skanky, scary and cheesy. Here are the do's and don'ts.



## Hair Affair

Horror tales and love stories... The CLEO team shares our thoughts about our intricate relationship with our locks.



## Comic Relief

Are comic illustrations wearable? The CLEO team puts it to the test.



## Bent, Not Broken

Don't let years of friendship wilt away. Here's how to save a friendship that's on the brink of sinking.



TAP THIS ICON TO VIEW ADDITIONAL CONTENT.



SEE SOMETHING YOU LOVE? TAP THIS ICON TO GET IT!

Download CLEO here:



# Celebrate with **CLEO**

It's not a party without you.  
Join in the fun on our 21st  
birthday with more than \$21,000  
worth of goodies to be won!



## Code 01

### A Pair of Taylor Swift Category A Tickets Worth \$656

Queen Tay needs no further introduction. Whether it's her love life, girl squads or catchy tunes, we just can't get enough of this superstar. So when we knew she was coming to Singapore, we just had to share the joy! Grab this chance to see Taylor up close at *The 1989 World Tour* courtesy of Cornetto. Head down to the Singapore Indoor Stadium on November 8, 2015 to belt out to your fave T-Swizzle hits!

We have one pair of The 1989 World Tour tickets to give away.

## Code 02

### The Ultimate Divine Candle Massage Worth \$385



Not one of those #partypeople? A full body massage from The Ultimate is your perfect Plan B. The Divine Candle Massage uses a specially-imported Pernici Wellness candle that melts into warm, luscious body oil when in touch with your skin. Body aches are then relieved through a vibrating rhythm. Infused with a medley of skin-loving vitamins and made with 100-percent natural skin smoothening ingredients like Karite, you're sure to be walking on cloud nine at the end of the 90-minute session.

We have three The Ultimate Divine Candle Massage sessions to give away. Terms and conditions apply.

## Code 03

### Solvil et Titus Ceramique Collection Watch Worth \$1,015



Time flies when you're having fun, so keep track of it with this elegant piece by Solvil et Titus. Embellished with square crystals on its bezel, the 06-2657-002 watch features a double-layer dial with applied crystal index markers. It also features a scratch-resistant ceramic case and bracelet, and is water-resistant for up to 50m, so you won't have to worry about damaging it as you go about your daily activities. This chronograph watch features a small second hand, 24-hour and date displays, a 60-minute counter and 60-second centre stopwatch. With all these functions right on your wrist, you definitely won't lose track of time!

We have one Solvil et Titus watch to give away.

## Code 04

### Scout Vouchers Worth \$200

Go on a well-deserved holiday with Scout! They provide medium and long haul no-frills flights to over 15 destinations, and their all-787 fleet offers comfort and various amenities including on-board Wi-Fi and in-seat power. Ranked among the top 10 in Skytrax's list of World's Best Low-Cost Airlines in 2015, there's no better airline to give you a bang for your buck.

We have five Scout voucher sets to give away. Terms and conditions apply.







## Code 05 Shiseido Beauty Gift Set Worth \$237

Dazzle through the night with these beauty essentials from the Shiseido Maquillage collection. For a dewy look, go for the Maquillage Dramatic Powdery UV foundation. Its mousse-like texture melts into your skin and blends seamlessly for a flawless finish. Then brighten your eyes with the pretty shades from the limited edition Maquillage True Eyeshadow, and create a perfect pout with the Maquillage Dramatic Melting Rouge that kisses your lips with beauty-oil infused colour. Complete your look of the night with the Maquillage Dramatic Mood Potion that'll provide moisture to your skin while adding shine and fragrance to your luscious locks. With that, you're definitely ready to head out looking gorgeous!

We have five Shiseido hampers to give away.

## Code 06 Monica Vinader Fiji Diamond Toggle Bracelet Worth \$805

Remember those friendship bracelets we used to love as kids? Well, here's the adult version and it looks pretty darn classy with pavé set diamonds on its toggle. In 18ct rose gold vermeil on sterling silver, this beaut is exclusively available in Singapore at TANGS at Tang Plaza.

We have one Monica Vinader bracelet to give away.



## Code 07 Amore Fitness One-month Unlimited Fitness Pass Worth \$339

Been finding yourself dreading your regular run around the park? Maybe it's time to take it to a gym and try out some fun classes at Amore Fitness! With over 500 fitness classes to choose from every week, you're sure to find something that tickles your fancy. This pass gives you access to all fitness classes and gym facilities in all Amore Fitness clubs island-wide. So no more excuses – it's time to hit the gym.

We have six Amore Fitness passes to give away. Visit [www.amorefitness.com](http://www.amorefitness.com) or call 6466 6822 for outlet listings or more information.



## Code 08 A One-night Fullerton Spa Room Package Worth \$880

Need a getaway but can't spare the time? Then a staycation is the perfect way to relax and rejuvenate without having to leave the country. Enjoy a night's stay in the luxurious Quay Room at The Fullerton Hotel and relax with a 60-minute Ultimate Aromatherapy Experience for two at The Fullerton Spa. Hungry? Go for a two-course set lunch with your partner at the Town Restaurant. What's more, you'll get access to the premier Straits Club lounge that serves a daily Champagne breakfast, afternoon tea, cocktails and evening canapes. Arrive in style with a complimentary one-way arrival or departure transfer in a limousine. Of course, we can't live without Wi-Fi, so go crazy with the complimentary internet access throughout your stay.

We have two One-night Fullerton Spa Room packages to give away. Terms and conditions apply.





## Code 09 Daniel Wellington Classic Women's Swansea Watch Worth \$239

Trends come and go, so it's always best to stick to timeless designs like this one from Daniel Wellington. These preppy pieces are the brainchild of founder Filip Tysander, who was inspired by an Englishman who loved to wear his vintage watches on old weathered NATO straps. Be it birthdays, anniversaries or casual days out, this watch is the key to completing your outfit! We have five Daniel Wellington watches to give away.



## Code 10 A Pair of Tickets to Melbourne Worth \$1,080

With countless Instagram-worthy cafes and a bustling arts scene, we can't think of a better place to celebrate our birthday. Go ahead and take the fun Down Under with this pair of Economy FLYBAG tickets for Scoot's inaugural flight to Melbourne on November 1, 2015! Hop onto their Boeing 787 Dreamliner for a smooth, comfortable journey and get ready to fully immerse yourself in the vibrant culture of Melbourne! We have one pair of Scoot tickets to give away. Terms and conditions apply.



## Code 12 STAR THREE SIXTY Vouchers Worth \$200

Putting an edgy look together has gotten much easier with STAR THREE SIXTY. The multi-label concept store carries a strong stable of cutting-edge street labels like Converse, Asics Tiger and Patrick. Up your street cred by grabbing these enviable brands at this one-stop-shop! We have five STAR THREE SIXTY voucher sets to give away.

## Code 11 Quayside Isle Vouchers Worth \$200

If you're running out of places to snap your #OOTDs, consider heading down to Quayside Isle for a stunning backdrop to go with your look. Situated in Sentosa Cove, Quayside Isle has a serene backdrop and a variety of restaurants and cafes for you to take a break in between shoots. And if you're not a shutterbug, you can fill your stomachs with gourmet food at some of the best restaurants in Singapore right here – it's on us!

We have five Quayside Isle voucher sets to give away. Terms and conditions apply.



## Code 13 A Limited Edition CLEO Hamper

To all you CLEO girls, the finals are coming! We feel your pain, so we want to get you going with these adorable study tools. Use the limited edition CLEO x The Paper Bunny Notepad and notebooks to keep track of your progress. And when you enter the exam hall, you'll be reminded of our best wishes to you with the CLEO Pouch that contains a cute CLEO pen. Of course, don't neglect your health even in stressful times – hydrate by drinking from the CLEO tumbler. We have 10 CLEO hampers to give away.





## Code 14

### Dream Drive Supercar Joyride Worth \$500

Cruising down the street in a supercar will no longer be a dream with this Dream Drive Supercar Joyride! Experience 30 minutes of thrill and excitement in either a Maserati GranTurismo Coupe or a Lamborghini Gallardo Spyder. Can't drive? Fret not, because you can choose to be chauffeured around as well! So hurry and grab this chance to blast through Singapore's famed F1 street circuit and expressways as you embark on this unforgettable experience.

We have two Dream Drive Supercar Joyrides to give away. Visit [www.dreamdrive.com.sg](http://www.dreamdrive.com.sg) or call 8181 1873 for more information. Terms and conditions apply.



## Code 15

### Porcelain Face Spa OxyRevive Facial + Flawless Skin Perfecting Moisturizer SPF 20 Worth \$374

Are your skincare products not working their magic anymore? A facial may be what you need. The 60-minute long Porcelain Face Spa OxyRevive Facial uses oxygen to revive dull skin back to its radiant self. Maintain the post-facial glow with the Flawless Skin Perfecting Moisturizer SPF 20. This oil-free, paraben-free and non-comedogenic tinted moisturiser brings out your skin's natural glow while shielding your skin from sun damage – the perfect multi-tasker, indeed!

We have five Porcelain Face Spa facial and moisturizer sets to give away.



## Code 17

### Clarisonic Aria Set Worth \$325

Step one to flawless skin? A good cleansing routine. The oscillating Aria Sonic Skin Cleansing Brush cleanses your skin six times better than your hands alone can and leaves your skin feeling so clean that it becomes more receptive to skincare products. There's no better way to kickstart your journey to better skin!

We have three Clarisonic sets to give away. Each set consists of a Clarisonic Aria, a Regular Brush Head and a three-piece trial kit.

## Code 16

### Sal Y Limon Bangles Worth Up to \$400

The right accessories can jazz up an outfit instantly, and we're sure these stylish Sal Y Limon bangles from Switzerland will do the trick for you. Hand-painted and plated with real gold or silver, these colourful pieces that are available exclusively at Metro Centrepont will lift your mood as you walk down the streets with them!

We have three Sal Y Limon bangle sets to give away.





## Code 18

### Jaybird BBX 2 Worth \$259

Ever been annoyed by messy headphone wires? You're not alone. These wireless sports headphones will solve your tangled wire woes and offer an enhanced audio experience as you jam to the latest hits. With eight hours of play time, we're sure they'll follow you through any workout. The improved sweat protection also means they'll last longer as compared to regular headphones. And with a new variant of colours as compared to the BBX 1, you can defo workout in style, too!

We have four JayBird BBX 2 headphones to give away.



## Code 19

### The Yoga Collective Package Worth \$320

Hitting pause for a session of Yoga could just be the key to achieving inner peace. Channel the yogi in you with this package that includes 10 classes at The Yoga Collective. With a maximum class size of 15, you're sure to get ample attention from the instructors at this concept yoga studio. For those looking for something more intense, the Triple Threat Bootcamp by co-founder Sandra Riley Tang will work on your strength, flexibility and stamina. So whether you're in it for the fun or to achieve inner peace, this package is perfect for you.

We have three The Yoga Collective packages to give away.



## Code 20

### A One-night Mövenpick Heritage Hotel Sentosa Onsen Suite Stay Worth \$750

Rejoice if you're a fan of Japan's famous hot springs! This staycation at Mövenpick Heritage Hotel Sentosa's Onsen Suite lets you unwind in a tranquil space. With your very own private outdoor sanctuary that holds a Japanese-style hot tub, you'll be able to soak in serenity whenever you wish – sounds like paradise.

We have two One-night Mövenpick Heritage Hotel Sentosa Onsen Suite stays to give away. Terms and conditions apply.

## Code 21

### BERING Classic Women's Watch Worth \$259

There are dressy days and then there are casual days. Either way, add style to your outfit with the BERING Classic Women's Watch with Swarovski elements and black mesh strap. Simple and timeless, this scratch-resistant piece blends minimalist Danish design with optimal material strength. Perfect for the ladies who are into the effortless yet edgy look.

We have five BERING watches to give away.



# HOW TO WIN!

1. Visit [www.CLEO.com.sg](http://www.CLEO.com.sg).
2. Click on the "DEALS AND EVENTS" tab.
3. Select the contest you wish to take part in and fill in the required fields.



Terms and conditions: Promotion is valid from September 16, 2015 to October 15, 2015. Winners will be notified by the end of November, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and families of SPHM Pte Ltd and its associated agencies, SPHM Pte Ltd and its associated agencies.



# ALL EYES ON YOU

*Calling all shy girls! It's time to step into the limelight with the #LANEIGExPLAYNOMORE collaboration.*

Whether you're a shy sweetie or a fun-loving free spirit, the best thing about makeup and fashion is how they allow you to convey any mood, at any time. That's why LANEIGE, the K-Beauty expert, launched their crossover LANEIGE Meets Fashion collaborations - to celebrate the playful, expressive nature of fashion and beauty. Following its first collaboration with pushBUTTON, LANEIGE brings back double the whimsy with its second partnership, this time with PLAYNOMORE. From cute cushions to lush lip gels, the result is a colour-filled collection that'll always bring out your brightest side.



Model is using Laneige Intense Lip Gel in shade #8 Maple Red.

## DARLING OF MY DAY

Your lips are the star! Thanks to the bright and lovely colours of the all-new LANEIGE Intense Lip Gel, "SHYGIRL", the adorable icon of PLAYNOMORE, gets made over into an even lovelier version of herself: "My darling, SHYGIRL". Just like her, it's easy to transform your look with just one swipe of this vivid lip gel.

### WHAT'S IN A GEL?

The unique two-layered gel technology of the Intense Lip Gel combines oil and water, providing both intense colour and luscious, glossy volume - just like a gel nail polish!

### IS IT LASTING?

Thanks to its hybrid "gel-quid" texture, the colours of the Intense Lip Gel will remain vivid long after your first application.

### WILL IT FEEL STICKY?

The base layer of the two-layered gel is made of a water polymer that won't feel sticky on the lips!

### WILL IT FEEL DRY?

The top layer of the gel prevents evaporation, locking in moisture and making your lips feel soothed, as if you're wearing a lip balm.

LANEIGE Intense Lip Gel



## EYE TO EYE

"My darling, SHYGIRL" has a signature look, and it's all about the eyes. Take your lashes from fail to flirty with the LANEIGE Jet Curling Mascara, which uses Air Gel technology to lift and define your lashes. The waterless formula keeps lashes curled all day, while the 3D Jelly rubber brush catches each lash for a fluttery, eye-catching wink.



## FRESH-FACED

The best-selling LANEIGE BB Cushion gets a fantastical makeover with "My Darling, SHYGIRL" peeping curiously from the special edition cushion compact. Both the Whitening and Pore Control variants get an update, so every girl can have this precious little beauty in her kit!



### LANEIGE BB CUSHION PORE CONTROL

Boasting six benefits in one, the Pore Control variant contains Pore Purifying Complex™ to control excessive sebum and provide pore coverage. It also has soothing, water-resistant and sun-protecting properties, plus a semi-matte finish that's perfect for our climate.

Available in shade #13 and #21.



### LANEIGE BB CUSHION

This multi-tasker brightens with Melacrusher™ technology, moisturises and soothes skin with a cooling effect while providing natural dewy coverage. It's also water-resistant, and protects your skin with SPF50+ PA+++ protection.



## MEET... "SHYGIRL"

Who is "SHYGIRL"? She's the mascot of PLAYNOMORE, which takes a tongue-in-cheek approach to fashion with its playful, eye-catching bags. Taking cues from iconic designs, the brand's signature is a classic structured bag transformed by a pair of curious but bashful eyes. Since its launch in 2014, PLAYNOMORE quickly became an It Bag coveted by K-Pop stars and top Korean models and celebrities. The kitschy statement bag soon went viral and birthed an international following, with "SHYGIRL" soon appearing on a variety of fashion items. The LANEIGE Meets Fashion collaboration marks their first foray into the world of beauty.

Spend \$150 at any LANEIGE counter or boutique (inclusive of one LANEIGE x PLAYNOMORE item) and **stand a chance to win one of three PLAYNOMORE bags!**\*

\*Check in store for more information. While stocks last.

**LANEIGE**  
MEETS  
**FASHION**






# Hit Reboot on Your Life

*It could be your job, your relationship or a goal you've set.*

*Clicking restart on your life can be daunting, but it doesn't make you a quitter. It could be the best decision you've ever made.*

Chances are, at some point in your twenties you'll find yourself stuck in a situation that just isn't going anywhere. So you try your best to make it work, tell yourself to stop complaining and hope for the best. But perhaps now is just the time to "reboot" your goals. Sometimes, you have to know when to pull the pin on the choices you've made and admit they may not be for you.

Why then, is this something that can strike fear into the bravest of people? According to clinical psychologist Dr Glen Hosking, "Admitting that something we thought we wanted isn't making us happy is difficult because it's so confronting. It could elicit a feeling of 'failure' in some people." If you're reading this and nodding, you're already over the first hurdle. To negotiate the emotional journey of bowing out gracefully, we asked Jane Lowder, founder of Max Coaching, for advice.

 **I'm worried about what people will think."**

**IT HAPPENED TO ME** "When I got into accounting at one of Australia's top universities, I was so happy," explains Rhiannon, 25. "I worked my butt off in school and was in a rush for my career to start. I even managed to score an internship at one of the big four finance firms after university. I was living

my dream. A few months into the job, though, I was bored. I didn't want to talk to my parents, I couldn't talk to my friends who all said they envied my job. Over the next 18 months, I went to work every day waiting for it to get better. And it didn't. Then one night over cocktails, I just blurted out to my friends, "I hate my job!" I felt an instant sense of relief. I waited for them to judge me and when they didn't, I started to wonder why it took me so long to confide in them. The next week, I quit. It was hard, but I knew that my happiness was more important."

**BREAKING IT DOWN** Discovering that your choices aren't what you thought they would be is a hard pill to swallow. Especially if you've spent the last few months (years) talking about this new job or your potential new partner. But Jane is pretty black and white on this. "Really, who cares?," she says. "The reality is, people don't think about us and what we do with our lives as much as we think they do, so don't fret over others' often-imagined opinions."

**HOW YOU CAN REBOOT** If you know you have friends and family who won't be on your side, Jane recommends not asking for their opinion at all. Instead, share your brave new plans with friends who are going to be supportive but honest. "It's your life, and ultimately your decision alone. Keeping other

people happy about your decisions is not a healthy priority," she says.

 **I'm too scared to start again."**

**IT HAPPENED TO ME** "I saw a job ad for a PR account director at a global firm in Dubai," says Jordan, 26. "I was stoked when I got it. I imagined a lifestyle of designer clothes and weekends poolside. But as soon as I arrived, I knew it was all wrong. An hour after I got there, I was working. I was given low-end administrative and paperwork for clients and was working 12- to 15-hour days. I waited six months and was still working six days a week, but also struggling to make ends meet. I had no time for a social life, so I didn't have a support network. I thought about moving home, but the idea of moving everything back again, looking for a new house and a new job scared me. Instead, I lasted a year. Afterwards, when I quit and was in the airport, I broke down in tears. I was so upset I'd put myself through all of that when I could've just quit. Now I look back and can hardly recognise myself. I wish I'd had the strength to do what was actually right for me, rather than what I thought was right for my career and reputation."

**BREAKING IT DOWN** It's common to realise that achieving your big ambition



isn't all it's cracked up to be and the thought of starting all over again can be daunting. "I hear ya," says Jane. "Change is scary! Most people find the process pretty confronting, largely because we fear what we do not know. Best way to take the sting out of that particular tail? Get to know it!"

**HOW YOU CAN REBOOT** If you are worried about starting again,

start researching, recommends Jane. Whether it's moving to another country or switching to a new job, find out what you can accomplish and confirm prior to leaving your current situation. "Before you take the plunge, dip your toes into the water of your new thing," she advises. "Do a short course, read about it, volunteer and talk to people to learn more. This familiarity will breed confidence, and before you know it, that

big step into the unknown will feel like a walk in the park."

**“I don't want to admit I can't do it.”**

**IT HAPPENED TO ME** "A close friend and I started a wellness blog. It was something we were passionate about and we both had free time outside our jobs," explains Marina, 26. "At



first, it was great. We blogged about our green smoothies and our yoga classes, but six months down the track both of us were feeling pressure to be 'successful'. We started to critique each other's work, which we'd never done before. To add to that, we weren't getting followers on social media, our posts weren't being read and we'd spent thousands of dollars on this blog over the past few months. We asked for advice from a more successful blogger who recommended we took our blog in a different direction, but we both didn't agree on that. One day while I was waiting for my train, I logged on and started to read our blog like other readers would. I saw a few typos and cringed a few times. I realised that a blog or website isn't for me. I didn't like the constant pressure to write and if I'm being completely honest, I'm not that great a writer. It's hard for me to say that. We've abandoned the blog for now, but I've enrolled in a writing course. So, hey, you might see my words again sometime!"

**BREAKING IT DOWN** Putting a lot of energy, passion into a relationship or business can be mentally exhausting but also rewarding when it works. But what happens if it doesn't? When you realise that you're not skilled enough, or that despite all your efforts, it's just plain not working? "It's a bitter pill everyone has to swallow when starting on something new," says Jane. "You won't be perfectly good at everything and that's OK. If that's affecting your situation or your health, it's best to face that fact and move on regardless."

**HOW YOU CAN REBOOT** If you're suspecting your skills might not be up to the task, Jane suggests planning. "Work out a timeframe and make a plan to build up your skills. Focus on how good you'll become, rather than focusing on what you don't yet know."

**I think it'll get better."**

**IT HAPPENED TO ME** "I thought all relationships were like ours," says

Emily, 33. "They require work and if you really love someone, it meant you had to always forgive, forget, and give as much as you could to make it work – no matter what. But the reality was my boyfriend and I had stopped spending quality time together. We also had started to live almost separate lives. Worst of all, just about any kind of discussion would escalate into a fight. We tried to iron things out through talking, and even asked a friend to mediate. Unfortunately, while promises were made to make changes, he didn't ever stick to these agreements. But the thing was, our lives were so entwined, we knew each other's families intimately, shared friends, a house – everything! It took me a year to leave after I admitted to a best friend what was going on. But once I finally did, it felt like a massive weight had been lifted. I felt like this was now a chance for me to start living life just as I wanted to.

**BREAKING IT DOWN** Just when you feel like you can't take another second of it, a tiny voice in your head whispers to you, "Wait until tomorrow, next week, next month, things might improve..." This is totally normal, according to Jane. A typical reaction to a less-than-ideal situation is to just stick it out, wait for things to get better or instead be so focused on moving forward that you become entirely unaware it's the reason you're miserable. But Jane recommends being brutally honest with yourself, saying, "If your situation hasn't shown any signs of improvement in the last six months, then it's highly unlikely anything's going to change any time soon, if at all."

**HOW YOU CAN REBOOT** Recognising that you're waiting for something to change is the first step. But if you're not willing to leave just yet, Jane suggests setting a deadline by which you want to see some change. Be very specific about the type of change you want and also make sure you communicate this to the people who can make it happen. "If it doesn't, it likely won't happen, and you'll be best served by getting out of the situation," she says.

## IT HAPPENS TO EVERYONE...

We take life advice from some of our faves.

*"I was raised in an atmosphere of 'everything's fine'. But as I got older, I was like, 'Well, no, everything's not fine...'"* **Ellen DeGeneres**

*"Given a time-turner, I would tell my 21-year-old self that personal happiness lies in knowing that life is not a check-list of acquisition or achievement."* **J.K. Rowling**

*"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes. Understanding that failure is not the opposite of success, it's part of success."* **Arianna Huffington**

*"Your ability to navigate and tolerate change and its painful uncomfortableness directly correlates to your happiness and general well-being. See what I just did there? I saved you thousands of dollars on self-help books. If you can surf your life rather than plant your feet, you will be happier."* **Amy Poehler**

*"As your career grows, the list of things that makes you happy should not become smaller, it should become bigger."* **Taylor Swift**

## So, what's next?

No matter how well-considered a leap into the unknown might be, the truth is, it's still the unknown. You'll have to expect that some parts of the new, exciting phase of your life will seem a little bit ill-fitting on their way to becoming comfortable and familiar. There may be new habits to form, new choices to make, new patterns to create. According to Lowder, with any change, be it a job, hobby or relationship, there will be some upheaval, so be patient and wait for the awkward settling-in period to run its due course. Like breaking in a pair of heels, any initial discomfort will fade and you'll be confidently sashaying through your new and improved life in no time. Praise-hands-emoji to that. ☺

The Key Pieces



**The pencil skirt**  
G2000 houndstooth-print skirt, \$53



**The slouchy trench**  
G2000 double-breasted trench coat, \$189



**The 2-in-1 collar**  
G2000 2-in-1 collar, \$33

# BE A #GIRLBOSS

*Working nine to five? Then you'd better look the biz in a chic line-up of work wear from G2000.*

Show them who's boss with a closet of great office-appropriate co-ords. You can easily mix and match with G2000's slick new collection, and rest assured you'll be dressed to get the job you want! #Careergoalachieved

**How to wear them if your dream job is a...**

## CORPORATE COOL KID

Tailored blazer with pockets, \$179, dolphin-print long-sleeved shirt, \$59, and houndstooth-print skirt, \$53, all from G2000.



### Fash Tip

Who said office wear had to be boring? It won't be when you take classic suiting and mix it with subtly clashing prints.



## CEO OF YOUR OWN START-UP

Double-breasted trench coat, \$189, graphic-print scarf, \$49, sleeveless shirt, \$49, and relaxed-fit pants with belt, \$69, all from G2000.



### Fash Tip

A slouchy trench looks smart yet relaxed. Plus, it's lightweight enough to layer even if you're nipping out in the midday sun.



## YOUNG URBAN CREATIVE

Embellished 2-in-1 collar, \$33, knitted sweater, \$69, and tailored shorts, \$39, all from G2000.



### Fash Tip

Beat the heat with a 2-in-1 collar. Bonus: it adds tailored polish to everything you own.



G2000 celebrates 25 years of success! Success is all about looking ahead with a new chapter for G2000 and a new story for you. Share with us your work OOTD story on Instagram with the hashtag #G2000story and stand to win a total of \$500 in G2000 vouchers! For more information, head to [G2000.com.sg](http://G2000.com.sg). All bags, accessories and shoes from Topshop.



# Women's

*Good mentors can be hard to find, so we asked these four inspiring women to share the secrets to their success. Get out your pen and paper; it's time to start taking notes.*



## Kirsten Tan...

### ON FINDING YOUR VOICE

*Creating films that speak of humanity and humour, Kirsten stands out in the male-dominated world of filmmaking in Singapore and beyond.*

"Films were my first portal to a larger world. Beyond entertainment, they helped me understand life. I grew up in quite a conservative environment, so it was always a joy for me to watch films and witness difficult (or sometimes taboo) subjects being enacted onscreen.

Every film I've ever written starts from somewhere – my notebook is literally a junkyard of half-formed sentences, thoughts and sketches. For every five ideas that I brew in my head, only one gets written into a script. Usually, the stories that make it are those that possess their own forward momentum – there's enough of an initial spark that keeps them going to the end. I'm just there to receive those stories and I write them down as soon as possible.

Ingmar Bergman has a quote, which has been super useful to my filmmaking process: "I throw a spear into the darkness. That is intuition. Then I must send an army into the darkness to find the spear. That is intellect." I find filmmaking a two-pronged process – both creative and critical. You have to be free to imagine, but a second later, you also need to have the presence of mind to analyse your shortfalls in order to create better. Ultimately, discipline trumps talent. And, you are not as terrible or as good as you think you are."



## Gan Guoyi...

### ON SUCCEEDING IN THE SERVICE INDUSTRY

*Singapore's F&B industry is famously fickle, but Guoyi and her husband and business partner Indra Kantono beat the odds with Jigger & Pony.*

"Prior to starting Jigger & Pony, I spent six years as a flight attendant with Singapore Airlines. With so much experience gained in the service industry, I implemented the warm hospitality culture at Jigger & Pony, Sugarhall, Humpback, Gibson and The Flagship.

Service is not an easy industry to be in; you have to stay positive and even cheerful at all times. Also, be prepared to have very little sleep with the long hours! Discipline is another area that we need to be strict about. The industry is always changing; never be satisfied and always look for that one percent improvement every day.

Lastly, trust in your team is very important – understand that nothing will be perfect and mistakes happen. The support to your team is the most important thing you can give them. We were able to build our team on a foundation of trust that everybody is working together towards a common goal. With that, everyone is always ready and eager to step up to new challenges. We practice a very open policy, and love to fight battles together as a team. When challenges arise, we brief our team on the happenings, but also remind them that once the doors open, it's important to put everything aside and focus on our customers."

Text Compiled By Annabelle Fernandez.

# League

## Lelian Chew...

### ON PURSUING PASSION WITH DISCIPLINE

*Lelian left the high-flying world of banking to enter the uncharted world of startups with The Wedding Atelier and The Floral Atelier. The risk has clearly paid off.*



"I have my previous career to thank for my current achievements with The Wedding Atelier and The Floral Atelier. As the only one on the trading floor without a finance background, I had to work harder and longer than all my peers. Things only turned for the better after years of proving my worth and craft. I now apply the same mantra to all my businesses. There are no issues that are unsolvable, no project unsurmountable and no client unappeasable. It might take longer, you might have to work harder, but you will get it done. There are no alternatives.

Having enthusiasm is a great starting place, but to elevate your passion from a mere hobby to a successful business, you'll need structure and discipline. Passion and business rigour must co-exist in a successful company. Spend as much time managing, marketing and promoting your business as you are fine-tuning your product. Be honest and identify the areas you aren't well-versed in, and hire employees or partners with qualities that you lack to bring the business to where you want it to be.

Launching a business is so much more than the potential payout; it's about giving a voice to what you feel the world lacks. But know there will never be a perfect time to make this move to start something new. Be brave and take that leap of faith! Good business ideas wait for no one. Use the positives to your advantage and work around the negatives. Things will never be easy, but being passionate and working very hard goes a tremendously long way."


## Cynthia Chua...

### ON GROWING AND SUSTAINING A BRAND

*As CEO and founder, Cynthia has grown the Spa Esprit Group from a spa with a staff of eight to an empire currently worth between \$200 to \$300 million, consisting of 17 different brands in nine cities across the globe.*



"For me, work is play. I love every minute of what I do; and it excites me that I can effect a change and inspire. When I create a brand, it has to be good enough to compete on a global platform. It's always about sharing, communicating and having fun while enjoying a great product in a cool space. You have to ensure that your products, service and ambience stay fresh and relevant.

A few years into starting the business, I told my friends that I dreamt of having 10 shops, and they laughed. When I succeeded in achieving that, I told them that I dream of having my brands overseas, and I have also proven that it can be done. Don't be afraid to dream, but do survey the market to see if your concept is relevant for the current market. Constantly tweak and improve every aspect of your concept to ensure it suits your customers' needs, be passionate about what you do, and be prepared to spend every waking hour working on your brand, ensuring that it is of high standards. There are no shortcuts, and to successfully grow a brand takes tons of hard work and dedication. Having a strong team to provide support and structure is also very important. Lastly, don't be precious – if the concept really does not work, one has to be ready to axe it. Energy and resources are finite, and it's important to pick the right battles." 



Moisture?

Sebum★  
Control?

SPF 50+/PA+++

# STAY BEAUTIFUL, STAY MATTE

Keeping your skin shine-free in this humidity can be a challenge. That's why THEFACESHOP is introducing the new Oil Control Water Cushion to help your skin stay matte and hydrated all day.

It may not be easy to get rid of shine on your face but it's definitely not an impossible task.

THEFACESHOP's latest Oil Control Water Cushion SPF 50+/PA+++, \$29.90, can help you achieve that while protecting your skin from sun damage. With three essential features to keep your skin supple and shine-free throughout the day, you're free to go about doing your thing without worrying about shine on your face.

1

## ZERO SHINE

If you have oily or combination skin, using a typical BB or CC cream may not be the best idea.

These creams are designed to provide radiance, so they could lead to shinier skin – yikes! To prevent this, opt for THEFACESHOP Oil Control Water Cushion. Formulated with foundation and Sebum Cut Powder, it helps to control the oil on your skin while erasing any imperfections that you may have.

## FULL MOISTURE

Shine-free doesn't mean moisture-free. THEFACESHOP Oil Control Water Cushion ensures your skin stays hydrated with two premium ingredients – Dolomiti Italian Pure Mineral Water to retain moisture and Clear Tasmanian Water to boost its immunity and cellular renewal process. Talk about a multi-tasker!

2

# First-Hand Experiences

*These girls gave the Oil Control Water Cushion a shot and here are their thoughts.*

“I’ve been looking for a foundation that feels light while providing ample coverage. So when I tried THEFACESHOP Oil Control Water Cushion, I knew this was definitely it! I have combination to oily skin, so I was surprised that my face stayed matte even when I was out on a warm day. I find that this works as well as, or even better than, other more expensive foundation cushions I’ve tried. Definitely value for money!” **Loh Hanle, 23, Account Executive**



“Just a small amount of THEFACESHOP Oil Control Water Cushion goes a long way – it provides good coverage even when I used a thin layer. I have terrible dark eye circles and it helped with that as well. The sponge that comes with it is great, and I love the velvety finish as it helps to keep the shine down. Knowing that it’s refillable keeps my wallet happy too.” **Odelia Wong, 22, Undergraduate**



“I have sensitive skin, so I have to be careful about the ingredients in my makeup products. THEFACESHOP Oil Control Water Cushion foundation felt comfortable and my skin did not react adversely to it. It left a clean, matte finish, and there was no tightness at all. It felt like I had just washed my face with a cleanser.” **Sonia Mao, 24, Marketing and Commercial Graduate**



“This gave me wonderful coverage while remaining lightweight at the same time for maximum comfort. It also has a natural and long-lasting finish that gave my skin a matte appearance all day long. Love it!” **Dr Rachel Lim, Medical Director, Ardmore Aesthetic Clinic**



## NOT YOUR TYPICAL CUSHION

It’s not just the formula of the makeup that makes a difference – the sponge that comes with it is important too. That’s why THEFACESHOP Oil Control Water Cushion comes with a patented micro foam cushion. Four times denser than regular sponges, it’s essentially a memory foam that gives you a high definition finish.

## ABSOLUTE MATTE FINISH

Be it in school or at work, shuffling between venues can cause you to perspire more than usual. Clinically tested to be perspiration-proof, the Sebum Cut Powder in THEFACESHOP Oil Control Water Cushion won’t budge under the heat and helps ensure you maintain a matte coverage no matter how busy your day is.

3



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CAUSEWAY POINT #01-32 • COMPASS POINT #01-47/48 • HOUGANG MALL #01-21 • JEM #01-22  
JUNCTION 8 #01-27 • JURONG POINT #01-48/87/88 • NEX #01-65 • NORTHPOINT #01-59  
PARKWAY PARADE #B1-68/69 • PLAZA SINGAPURA (NEW WING) #01-62 • RAFFLES CITY #B1-39  
SUNTEC CITY #02-340 • TAMPINES MALL #01-02 • TOA PAYOH HUB #01-16 • THE CLEMENTI MALL  
#03-39 • VIVOCITY #02-178 • WEST MALL #02-18 • WISMA ATRIA #B1-K5/K6



# What Women

Work. Sex. Love. Family. We asked you, "What do you want?" Here are your answers, and more.

**Q**uestion: Do you know what you want in life?  
**A**nswer: Yes, no, maybe? For most of us, our twenties is a time spent figuring out "Life's Big Questions": What am I looking for in a partner? What do I like about myself? How much should I listen to my parents? The truth is, we can't give you the answers. But we

did survey our readers across five key areas – from sex and love, to family and friendships, work and confidence – hoping to share what other women like you are thinking. And, hey, maybe you'll pick up some pointers, or there's the chance you'll just find out you aren't alone in your search for "Life's Big Answers".

## A THING CALLED LOVE

When it comes to love, your wants aren't too unexpected, but there are a few twists. Sense of humour still ranks as the number one thing women look out for. But surprisingly, respecting women comes in second place. A sign that our cover girl Emma Watson's pro-feminist stance is taking hold, perhaps?



### Love at First Sight!

Romantics, rejoice! Researchers from Syracuse University found that throughout the first year of love, the blood levels of Nerve Growth Factor – a protein that plays an important part in our social biology – were significantly increased. According to Doctor Stephanie Ortigue, "These results confirm love has a scientific basis." Take that, skeptics.



**Favourite love song?**  
 "All of Me" by John Legend

### "Is this love?"

Euphoria-inducing chemicals

- ♥ dopamine
- ♥ oxytocin

Heart rate syncs with partner.

Adrenaline causes the feeling of butterflies in your tummy.



### "When it comes to men, I'm looking for..."

Intelligence

14%

Someone who respects women

15%

Sense of humour

29%



### What counts as cheating?

Only if they slept together. 6%

Kissing. 7%

He's texting her a lot. 10%

Any physical intimacy (including hand-holding). 17%

He's developed feelings for someone else. 60%

*Jean Grey + Wolverine = total cheaters, tsk, tsk*

### Your man is seeing you on Valentine's Day. This means...



Dinner and presents, or else.

23%



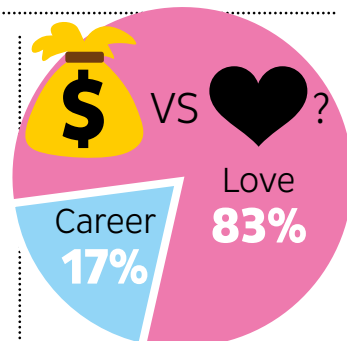
A small gift or token.

57%



Nothing.

20%



# Want in 2015

## SEXY AND YOU KNOW IT

The good news is that the modern approach to sex is kind of like the modern approach to love – it's all about fairness. Which is why most of you say sex is initiated equally by you and your partner, instead of waiting for him to make the first move all the time. The not-so-good news is that, actually, when it comes to sex, it turns out there's a lot you don't know. Like, 13 percent of you don't know what an orgasm feels like. But luckily, we found out that there's so much more to the clitoris than meets the eye. And the best news of all? Learning is where all the fun is.

### 7 out of 10 women

say sex is initiated equally by them and their partner.

## SWEET (SEX) DREAMS ARE MADE OF THESE

Wanna find out how you can dance with Magic Mike in your dreams tonight? According to a study published in the journal *Dreaming*, people who slept on their tummies with their arms stretched above their heads were found to have more sexual dreams than those who didn't. As for tucking a picture of Channing Tatum under the pillow? It couldn't hurt, right?



Images Corbis, TPG/Click Photos Text Hidayah Idris, Kit Chua.



## Coming... Undone

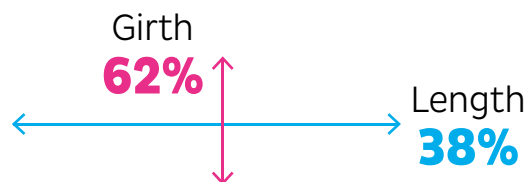
**13%**  
OF WOMEN DON'T KNOW WHAT AN ORGASM FEELS LIKE.

**15%**  
OF WOMEN DON'T ORGASM AT ALL WHILE HAVING SEX.

**21%**  
ORGASM MORE THAN ONCE DURING SEX.



### When it comes to his package, which is more important?



## PINK DOT

*It may be hard to spot, but the all-important clitoris is actually so much more than that little "button". In fact, most of it is inside the body.*

♥ Think of it as a swan with the visible part as the "beak". That part becomes a longer "neck" that's about the size of the first joint of your thumb, which then flares out into two "wings" (the proper name is "crura") that extend backwards into this pubic region.

♥ On average, each crura is about 7.5 to 8.9 cm in length. That's this long!



## Pink by the Numbers

The clitoris contains at least **8,000** sensory nerve endings. While that's the same amount of nerve endings as the head of the penis, it's concentrated in a much smaller area, so handle with care!

At 32, a woman's clitoris is **4 times** the size it was when she reached puberty.

After menopause, it's **7 times** bigger than it was when she was born.



## THE DAILY GRIND

Sadly, unlike Kesha, most of us don't "wake up in the morning feeling like P Diddy". In fact, we feel quite the opposite – groggy, unsure of ourselves, because maybe we've picked the wrong outfit, and, oh, now that we've changed for the third time, we're late for work. Great. How we see our work and how we see ourselves can have a big impact on our lives and the choices we make. Here's what you had to say about them.



**59%** of the women surveyed said they faced discrimination at work.

Discrimination comes in many forms:

**RACE** **APPEARANCE**  
**GENDER** **EXPERIENCE**  
**EDUCATION**  
**SOCIAL STATUS**

While the Ministry of Manpower has encouraged "fair employment practices" based on merit and non-discrimination, there are no laws that enforce it.

## Love in a Hopeless Place?

**14%** of the women surveyed will pursue an office romance.

Dating a co-worker is a sensitive issue. Most employers don't encourage an office romance for fear that it would serve as a distraction and affect performance and impartiality.



**44%** of respondents agreed that they do not have the opportunity to perform their best at work.

## Do you see your colleagues as friends?

**YES 76%**

On average, a typical Singaporean spends at least seven hours with her workmates. That's more than half of your waking hours!



## NOW, IF WE'RE TALKING BODY

How confident are you about your body? We got varied answers when we asked which body parts you were least and most confident of, but here are the top two.

**26%** are least confident of their tummy.

**16%** aren't confident of their thighs.

The top two body parts that the women surveyed are most confident of are the **eyes (18%)** and **legs (16%)**.



## Say NO to Body-shaming

Body image is a huge issue among women, and it's further perpetuated by the media and social media's definition of perfection. Personal trainer Cassey Ho recently shone the spotlight on the problem of body-shaming by Photoshop-ing a photo to make her body appear slimmer but bustier. She received mixed responses – some girls told her that they wanted her body, while others commented that she was still too fat.

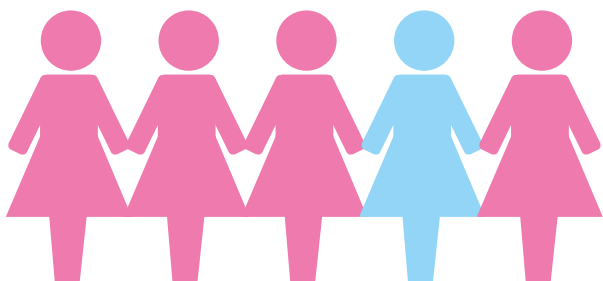
## YOU, ME, AND EVERYONE WE KNOW

So much of life is built on the relationships we have – not just with that “special someone”, but with our family and our friends. What was your take on that? Well, for one, honesty isn't necessarily the best policy...

### Squad Goals

In the words of Stieg Larsson, author of *The Girl With The Dragon Tattoo*:

“Friendship – my definition – is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don't have trust, the friendship will crumble.”



**4 in 5** respondents agreed that the worst thing a friend could do is betray you for their own gain.

*The least of their concerns is a friend owing them money for a long period of time.*

### What's the worst thing a friend could do?

Owe you money for a long period of time.

3%

Spill your secret.

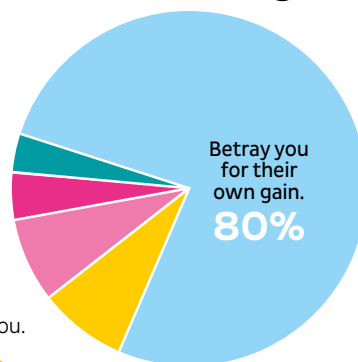
4%

Date your ex.

6%

Lie to you.

7%



**50%** of the respondents feel that 25 to 29 is the ideal age to get married.

### All in the Family

When it comes to family, it seems millennials like you are all about doing things differently than the older generation. From the number of kids in the family to making life decisions, you certainly aren't content to simply follow in the footsteps of those who've gone before you. Instead, you choose to make your own path.

#### Yes, baby?



1 or 2 children.

**65%**



3 or more children.

**14%**



No plans to have children.

**21%**

**87%** of the participants would ask their parents for advice when making major decisions, but only

**4%** among them would follow their parents' advice.



# PILLOW HAIR DAMAGE 1 COMPLETE CARE



New

## Essential Night Care Milk

Protects hair cuticles and repairs damage caused by friction between hair and pillow during sleep. Leaves hair smooth and manageable the next morning!



# THE ULTIMATE HAIR FACE-OFF

Come watch the greatest showdown of all time! Will Essential CC Oil take down the 5 Hair Stress Brothers and achieve crowning glory once and for all?

**THE CHAMPION!**

Lightweight, non-greasy and ultra-moisturising: three words that perfectly describe this potential champion! This newcomer shows plenty of promise as it keeps the five hair stresses at bay by coating each hair strand with a protective layer. Time to say goodbye to damaged, tangled tresses!



Essential  
CC Oil,  
\$11.90



**DESPICABLE DRYNESS**  
He'll weaken your hair cuticles, resulting in dull-looking and rough locks.

**CRUEL COMBING**  
Beware! This knotty fella will drag wet hair painfully with each brush stroke!



**BRAZEN BLOW-DRYING**  
Watch out for the hot air! He'll suck out moisture, leaving hair dry and brittle.

**SPITEFUL SPLIT ENDS**  
He'll creep on the oldest and driest parts of your hair and slice hair in a split-second!



**BADASS BREAKAGE**  
This one will exert stress on hair and relishes the sound of hair snapping!

**ESSENTIAL  
CC OIL**

**VS**

**5 HAIR STRESS  
BROTHERS**

**Next Month's Match!**

**ESSENTIAL NIGHT CARE MILK VS PILLOW!**

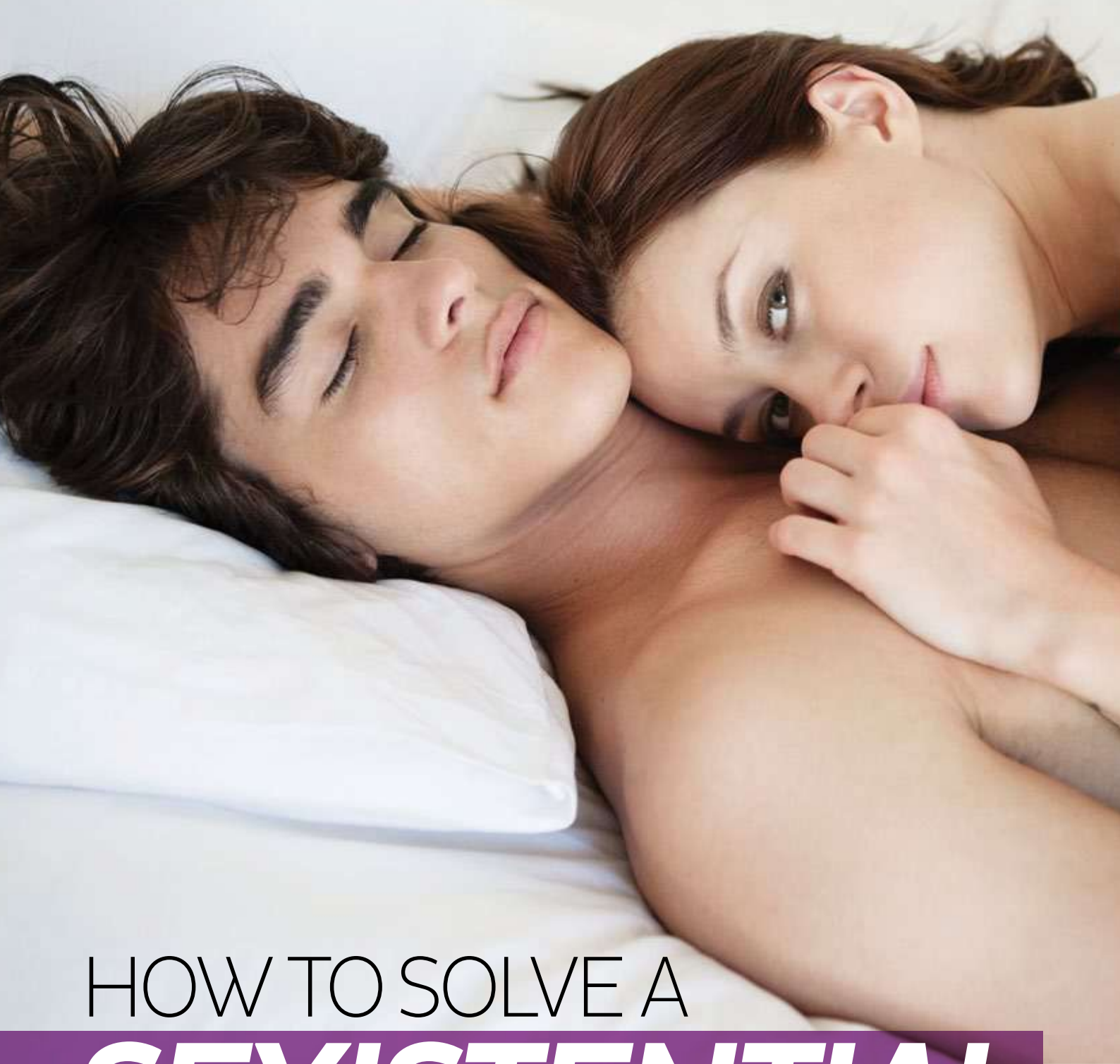
Turns out you'll never know who your enemies might be! Lying on your seemingly harmless pillow can cause frizz and damage to hair. Can Essential Night Care Milk win the fight? Find out next month.



**KO!**

Think you can defeat the 5 Hair Stress Brothers? Head to <http://apps.facebook.com/EssentialManeHero> to play the game and win fabulous prizes weekly!





# HOW TO SOLVE A **SEXISTENTIAL** **CRISIS**

Sometimes, sex is simple. Other times, it's about what's in your head, not what's down below. Here's how to deal when sex blows your mind – for all the wrong reasons.

Images Corbis/Click Photos Text Gemma Askham  
Additional Reporting Kit Chua.



Yep, getting it on can seriously mess with your sheets and your mind. We're calling these sexistential crises – the real, unairbrushed sexual dilemmas that call into question the nature of doing it. But just as an orgasm can creep up on you seemingly out of nowhere (well, hello there), so can the solutions. In fact, they're right here in front of you.



## *It's been forever*

The last time you got any action, the members of One Direction were still in school. There are zero sexy pics in your smartphone. And it's been so long since your undies have had a visitor that they're kind of scared.

"This is called sexual performance anxiety – you worry about the outcome of a sexual encounter so much so that instead of sex being something to look forward to, it has negative anticipation," explains sex therapist Desiree Spierings.

Desiree likens this (completely normal) sexual dread to the anxiety you feel before an exam, where you're either going to pass or fail. But in sex, there are no losers. "The less you think about the result, the more you do just what feels good and the better the sex will be," she reassures. Compare it with dancing. "If a couple starts to overthink their steps, it's likely to be an awful dance. Whereas a couple that just feels the music, laughing off any mistakes, gives a beautiful dance to watch." We're not suggesting you should hire an audience, but we're saying don't overthink it. You've got this.



## *It's become samey*

When it comes to sex, there's the great and not-so-great – the kind where about 50 percent of your brain is in the moment, and the other half is thinking about the last *Empire* episode you watched. The result is that the sex – if it happens at all – is flat. And you're panicking that "non-existent" is about to become your lot in life.

"It's not unusual for the passion

to die down, and one of the most important techniques to get it back is implementing bridges," explains Desiree. It's not directly sexual, but is a clever way of "bridging" two areas of your life in order to generate intimacy, and therefore passion. "Because it feels unnatural to go straight from work or household life to sex, you need to physically introduce things that serve as a bridge." For example, jump in the shower together after a run, give each other a massage after a long day, send a flirty sext before you head home from the office. It's also worth trying to sync up your routines more. Going to bed at the same time will automatically create more sexual opportunities. If all else fails, schedule a sex "date". The myth that sex has to be spontaneous is as outdated as MySpace – if you can schedule a Tweet, you can definitely schedule an orgasm.



## *It was baaaaaad*

A definite design flaw about sex is the injustice in having an obscene level of chemistry in a bar (or on Tinder) that doesn't always translate into the same level of chemistry in the bedroom. What happens when it goes from promising to pathetic... fast? Dr Janet Hall, clinical psychologist and author of *Sex-Life Solutions*, believes the key isn't just what happens during sex, but also in grounding our expectations before clothes come off.

"Early days sex, especially, should always be appreciated as a trial run," Dr Janet says frankly. "It's often disappointing because the two people involved have never had a real bonding experience. It needs time, practice and above all communication, because it takes so much more for a woman to be sexually fulfilled, and no man is a mind-reader." That's true no matter how long you've been together.

This doesn't mean doing a buzz-killing impression of your car's GPS – "turn left here, no right, no a little more left" – but rather, use subtle pointers and appreciative noises that let him know if he's on track or if he's waaaay off. You really can talk your way to better sex.

Interestingly, for something that involves around 7.3 minutes of actual contact (yes, 7.3 minutes), sex can create a huge amount of analysis, confusion and conversation over coffee about those "Seriously, what just happened there?" moments. No biology textbook ever prepared us for the fact that sometimes, sex is less Big O and more Oh No. Things malfunction, and there's no repair manual. Things can stop happening, and there are no jumper cables to get them going again.





that prevents them from getting into a sexual mindset. They really want to do things right, which is why they also feel more pressure,” says Desiree. But too much pressure kills what’s known as the response desire. “This usually kicks in when you start some physical intimacy and end up having sex, even though you didn’t plan to,” she continues. “But when there’s awkwardness about sex, response desire never has a chance to kick in.”

In this case, the solution is to step away from the penis! Put a temporary ban on intercourse so other kinds of intimacy start to flow again. Reassure him that intercourse isn’t everything and encourage foreplay and simple touching to slowly kick things back into gear again.

## Reset Button 6 *You feel self-conscious*

This isn’t about sex with the lights on or off – we know you’re a sexually empowered woman, not a real-life vampire. But it’s totally normal to feel a little bit shy about him getting up close and personal with your lady bits. Why? Well, it doesn’t help that we’ve all got seriously unrealistic mental images of what a “normal” vagina looks like, making us skittish enough about getting to know ourselves “down there”, let alone letting anybody else get a close-up view. The (beautiful) reality is this: 50 percent of women have inner lips that extend down beyond their outer lips, according to GP Magda Simonis. That’s half your female friends, and half of the women reading this.

In her book *Read My Lips: A Complete Guide to the Vagina and Vulva*, sex researcher Dr Debby Herbenick explains, “People don’t realise how creative nature has been with women’s genitals. Vulvas are incredibly diverse. They may be a shade of pink, red, brown, grey or purple. They’re actually usually not symmetrical.” To sum it all up, your vagina definitely doesn’t need you to worry about how pretty it looks. It just needs you to like it – as it is. Simple, right?

## Reset Button 4 *It’s not the right time*

In an ideal situation, sex is just the R-rated continuation of a romantic fairytale – you fall into bed with your partner just as naturally as you fell in love. But real life tends to be a lot more complicated, and while your heart might be at one place when it comes to commitment, it can be in an entirely different place when it comes to what goes on between the sheets. If your man is chafing at the bit and you just can’t make up your mind, try the oldest trick in the book – talking. Repeatedly rejecting his advances straight up won’t do favours for your relationship, so try the XYZ communication approach, which frames what you want to say as a complaint rather than a criticism. In this case, it would be X: “When you make a move”; Y: “I feel pressured to

take things further”/“I’m not prepared for what happens next”; and Z: “Was that your intention?” This lets you raise the issue in a way that opens up the conversation, rather than shutting it down.

## Reset Button 5 *He’s gone off sex*

Yep, it happens. “There’s a myth that men don’t ever stop thinking about sex and are always up for it, but this is definitely not the case,” confirms Desiree. He could be stressed out from crazy work demands or even an unhealthy lifestyle. Stress reducers such as alcohol or certain medications decrease desire further. He may worry that his penis will let him down.

“Many men with a lower libido level tend to be very analytical; they always think or worry about something



*“Many men with a lower libido level tend to be very analytical... They really want to do things right, which is why they also feel more pressure.”*

Desiree Spierings, Sex Therapist

## HOW TO SURVIVE A REAL CRISIS DURING SEX

*Panic-free advice from gynaecologist Dr Gino Pecoraro.*

### **UH-OH! The condom came off – and it's inside you.**

First, breathe a sigh of relief: the structure of the vagina means it's physically impossible for a condom that's lost its bearings to stay lost inside you. Second, it's common. “If you can't feel the condom by gently putting your fingers in, a doctor needs to remove it,” says Dr Gino, who adds that it's fine to wait until the next morning to go. The bad bit? As the condom slipped away, so did your protection against pregnancy and STIs. Take emergency contraception as soon as possible (levonorgestrel is 85 percent effective if taken within three days – five is the limit) and it's STI tests all round. Not so romantic, but your bits will thank you.

### **UH-OH! There's blood, and you're not sure where (or who) it's from.**

This is one occasion not to sweep under the “oh, it's nothing” carpet. “Bleeding after sex is never normal,” confirms Dr Gino. “It may be the only sign you get that there are abnormal cells on your cervix, or it could indicate an infection, especially if his penis or your vagina are swollen or sore.” A small vaginal tear could be the (innocent) culprit, “but you need good light and a trained eye to be sure. It's best to err on the side of caution and always get it checked.”

### **UH-OH! You think you've broken his penis.**

Not just the stuff of urban legends, the fractured penis *is* a thing. And it's most likely to be caused by, um, us. Oops. In a Brazilian study, half of breakages happened when the woman was on top, because we're controlling the penis when it suffers a “wrong way penetration” (\*eyes watering\*). Wondering how you'll know if it's happened to him? Don't worry, he'll definitely know. “A fractured penis hurts!” exclaims Dr Gino. “It's where the spongy tubes that fill with blood to create his erection get damaged, and requires urgent medical attention for pain relief and to prevent scarring.” Well, we know what position we're not doing tonight. ☑



# Get to Know Your V



Visit Lactacyd Love Your V Facebook page for all the V health know-hows and **stand to win Lactacyd product hampers!**

The V Health Awareness Campaign is all about keeping your feminine parts healthy and happy the right way.

Your vagina is one of the most sensitive areas of your body, so taking good care of it should always be a priority. With a new theme each week, Lactacyd's V Health Awareness Campaign in October ensures you're equipped with everything you need to know. The best part? You can do it in the comfort of your home by checking out their Facebook page. Here's a sneak peek of what you can expect.

## 1 STAY COMFORTABLE

It's tempting to go wild when you're buying lingerie, but the best material for your V is actually cotton. It allows your vagina to breathe and absorbs the moisture that could breed nasty bacteria. So remember, don't just go for the pretty ones the next time you shop!

## EAT RIGHT

A balanced diet is important in keeping your vagina happy, so instead of reaching out for that bag of chips, consider something more nutritious but equally yummy. Greek yoghurt with almonds, anyone?

## 3 INTIMACY

Vaginal dryness not only makes sex less enjoyable, but can also cause cuts and tears. Always make sure you're sufficiently lubricated and visit a gynecologist if you have any doubts at all about your vaginal health.

## A THOROUGH WORKOUT

Exercise is important — even for your V! Make Kegel exercises part of your gym routine to strengthen your pelvic floor muscles. If that's not a big enough motivation, bear in mind that it's also the key to mind blowing orgasms!

**STAY CLEAN AND  
FRESH WITH THE  
NUMBER 1 FEMININE  
HYGIENE BRAND  
IN SINGAPORE\***



### WHITE INTIMATE

Lactacyd White Intimate keeps the skin around your V bright and supple.



### FEMININE HYGIENE

With Lactacyd Feminine Hygiene, you can say bye to feeling icky on your period.



### ALL-DAY FRESH

Stay comfortable around the clock with Lactacyd All Day Fresh.



### COOL & FRESH

Reach for Lactacyd Cool & Fresh to feel great after a workout.



### SOFT & SILKY

With an additional 10 percent of milk essences, Lactacyd Soft & Silky is perfect for moisturisation.



### REVITALIZE

Cleanse and retain youthful skin with Lactacyd Revitalize, which contains both vitamin E and collagen.

## V Health Myths Debunked!

MYTH  
#1

### "REGULAR SOAP CAN DO THE JOB, TOO"

Regular liquid or bar soaps usually have high pH values, which means they can damage the natural acidic layer that protects your vagina from bad bacteria.

MYTH  
#2

### "WATER IS ENOUGH FOR YOUR V"

Water only removes about 65 percent of oil and dirt from your skin, so it's not enough when it comes to keeping your vaginal area clean.

MYTH  
#3

### "YOU NEED ANTISEPTIC TO KEEP BACTERIA AT BAY"

Antiseptic may get rid of both good and bad bacteria, which could lead to an imbalanced pH level and cause unwanted problems.

**Lactacyd®**

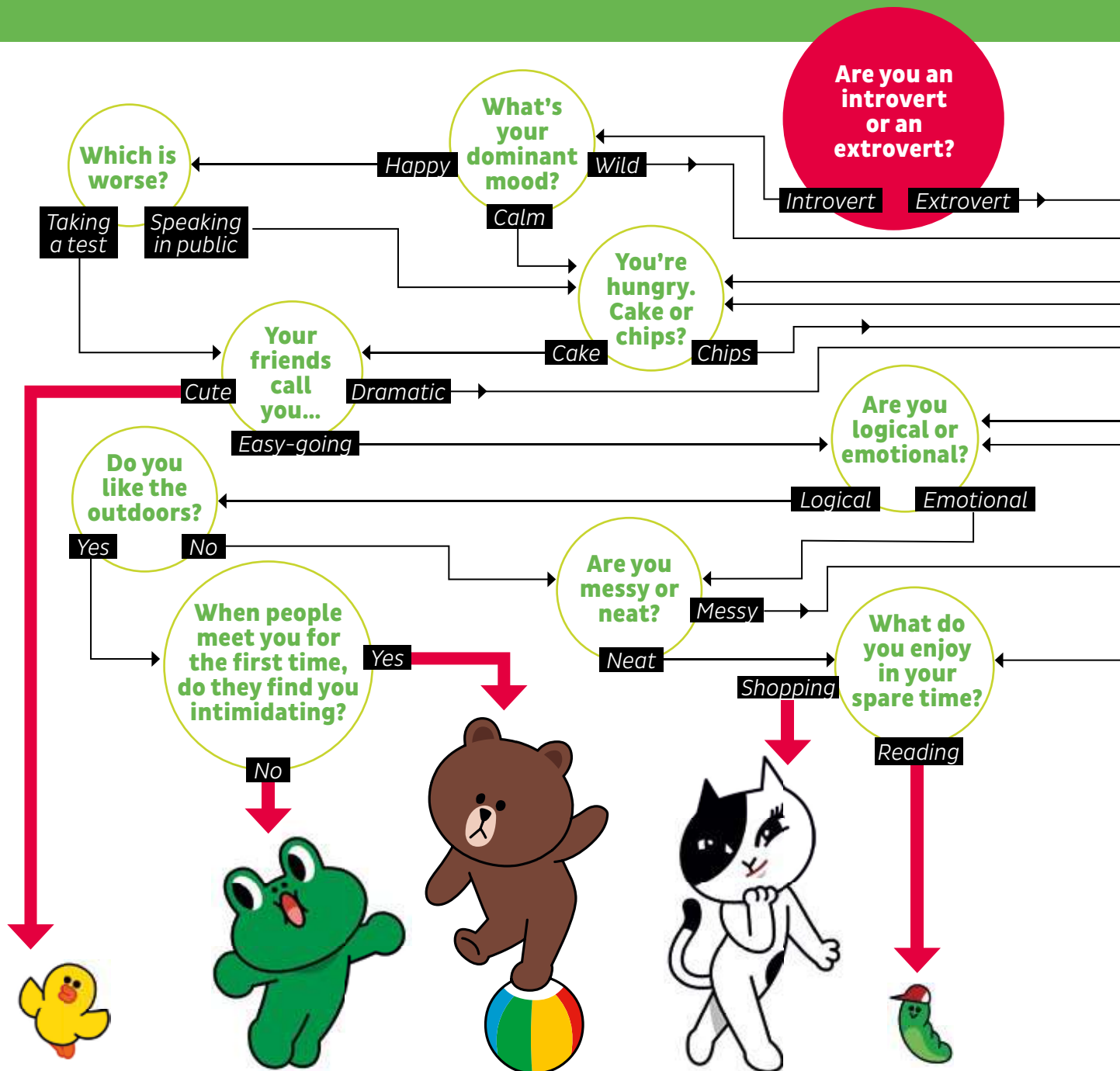
*it's time to love your V*

Simply scan this QR  
code and get your free  
Lactacyd sample today!





# Which LINE Are You



## SALLY

There's a reason why people find you totes adorbs – like Sally, you keep things simple and never let complicated issues get you down. You also have a cheeky side that they'd better watch out for!

## LEONARD

As the saying goes, "still waters run deep". Leonard may be an introverted guy, but he's also a talented one who loves to spend his alone time making music. As a quiet sort of person, what secret talents do you have?

## BROWN

Like Brown, you might be difficult to read, which is why people find you hard to approach. But underneath that cool exterior, you have plenty of creative fire, and nature is your number one inspiration.

## JESSICA

Jessica's a finicky feline and, like her, you like things to be just right. But it's OK, because your fussy nature serves you well when you're indulging in your favourite pastime – shopping, of course!

## EDWARD

If you're a bookworm, Edward is definitely your soulmate. Clever and observant, your friends can always rely on your good judgement. There's only one thing that you'll be a fool for, and that's love.

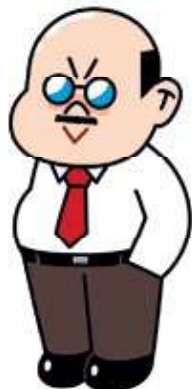
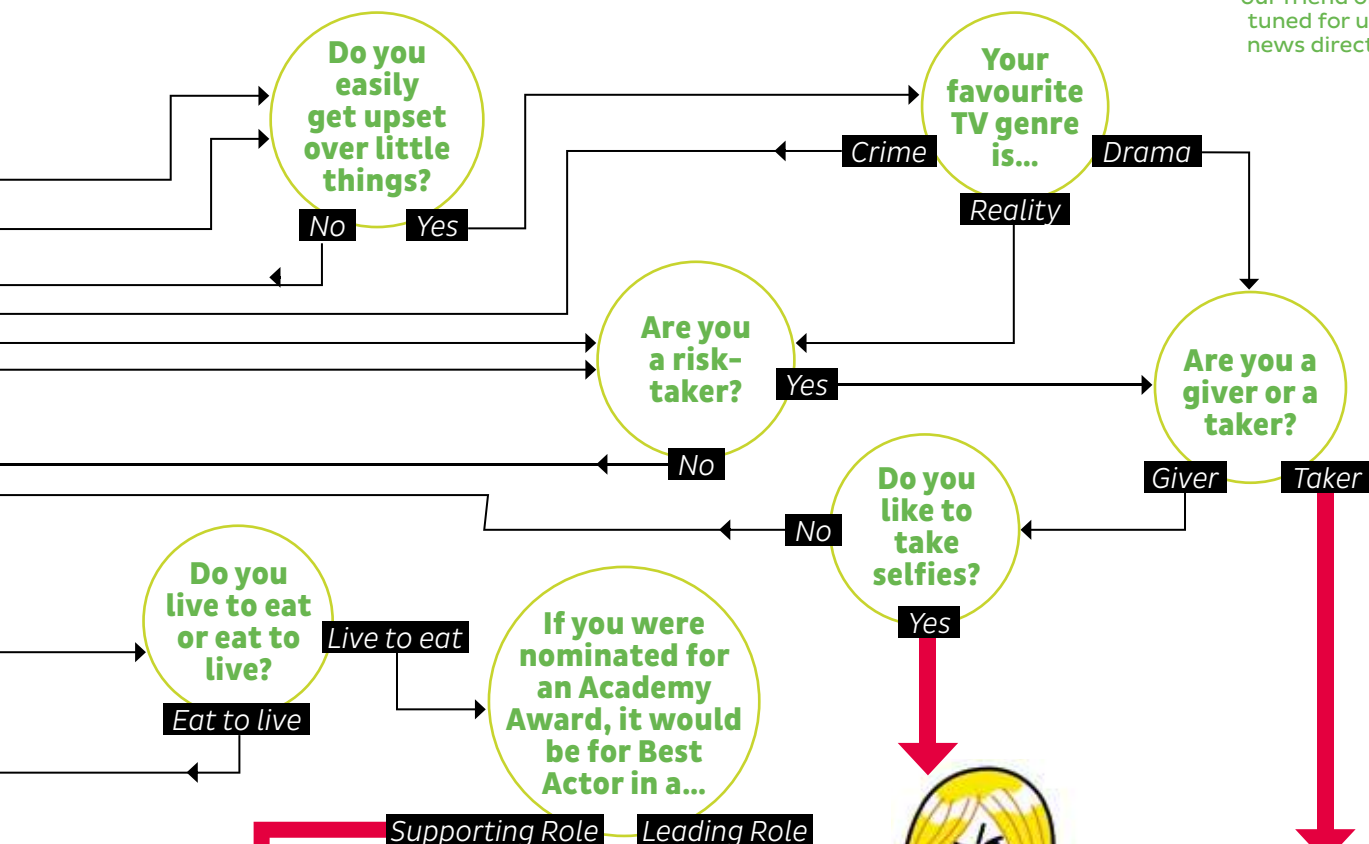
# Anyway?

So you think you're a Brown, but are you sure you're not more of a James? Take our test to find out!



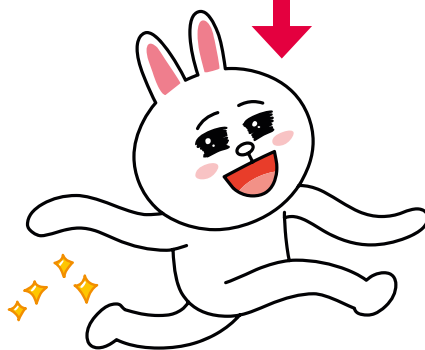
**CLEO is on LINE**

Add us at @CLEOsg to be our friend on LINE. Stay tuned for updates and news directly from us!



## BOSS

You might be grumpy on the outside, but on the inside, all you want is love – just like Boss! You're also fiercely loyal and would never betray a loved one. Sometimes, you have a penchant for drama, but usually, you're more than happy to let someone else take the limelight.



## CONY

You're the life of the party and everyone loves you! Full of charm, you shine just as bright as Cony and no one can take their eyes off you. But you can also be a little bit indecisive and lazy at times. Luckily, good food and great friends give you the awesome life you need to carry on!



## JAMES

Self-obsessed, or just super confident? James would say he's the latter and so would you. But your self-love doesn't mean you don't have a big heart – you're kind and generous, and for that, you have a big group of friends who know that they can always count on you.



## MOON

It's always a fiesta where Moon is! You share the same zest for life and are just as spontaneous as the whimsical character. You're hungry for experiences and hate being bored, so go forth, have fun and look for challenging adventures to conquer!





# The Men Don't Get It

**The age-old “battle of the sexes” gets a new twist. By Kit Chua**

Does the world still have a problem with the word “feminist”? In July last year, we published a story (“This is What a Feminist Looks Like”) asking the same question, but with very different answers. Back then, in the age of the pre-feminist Taylor Swift, the majority of women, both in the spotlight and out

of it, were reluctant to take up the label.

But in the year since, the feminist label has gained a lot of media attention – much of it positive. The same month we published our story on feminism, Emma Watson was named a United Nations Women Goodwill Ambassador. The announcement generated so much

traffic for the organisation that their site crashed. Soon after, Taylor Swift took her BFF-ship with Lena Dunham to the next level and, as a result, publicly changed her views on feminism.

“What it seemed to me, the way it was phrased in culture, society, was that you hate men,” Taylor explained,





in an August 2014 interview with *The Guardian*. “And now, I think a lot of girls have had a feminist awakening because they understand what the word means. Becoming friends with Lena... has made me realise that I’ve been taking a feminist stance without actually saying so.”

Around the same time, Beyoncé chose to take a declarative stand in

front of the word “FEMINIST” at her career-defining MTV VMA performance, catapulting the label even further into the limelight. In the months after, it was a sign of the times that Karl Lagerfeld sent his models down Chanel’s Spring 2015 runway carrying megaphones and signs that said “History is Her Story” and “Women’s Rights are More than Alright.”

And so it was that as the world began hotly debating the politics of Amy Schumer’s brand of Girl Power, and cheering like Meryl Streep at Patricia Arquette’s speech on equal pay at the Oscars, it seemed like in the span of half a year, feminism had gone from being a stereotype that most ran from, to being quite literally in *Vogue*.

## The Feminist Backlash

It’s enough to make us at the CLEO office wonder – is another story about feminism necessary, at this point? But even as role models like Emma Watson and Taylor Swift have turned many young women onto the idea of feminism, just as many seem to be rejecting the label, based on the assumption that being a feminist equals being “pro-women” and therefore sexist. (Consider it Newton’s third law of popular culture at work: for every change in popular sentiment, there is always an equal and opposite reaction that must emerge.)

The “Women Against Feminism” Tumblr, for instance, is filled with women raising signs that say, “I don’t need Feminism because I believe in full equality for all races and gender [sic] not just women”, or “I don’t need Feminism because I want my children to respect women and men”. A similar site, [womenagainstofeminism.com](http://womenagainstofeminism.com), features more women who argue, “I don’t need feminism because it reinforces the men as agents/women as victims dichotomy,” and “I don’t need feminism because egalitarianism is better.”

And it’s certainly no accident that as feminism gained currency in the media, an entirely different label began appearing on our news feeds – and the “meninist” was born.

The term “meninist” originally appeared on the [feminist.com](http://feminist.com) website back in 2001. In its original form, “meninist” was conceived as a global organisation not unlike the UN’s current HeForShe campaign – it was intended to be used as an inclusive term that would be used to rally men who supported the equal rights of women.

But by 2014, “meninism” meant something completely different. #MeninistTwitter had been trending as early as December 2013, and there





was (and still is) some confusion about whether or not it was meant to mock feminism or sexism (or both). As the *BBC* reported, the hashtag started off as jokes with a two-fold objective: to offend feminists, but also call out a particular kind of double standard that was levied against men. A typical tweet: “If you want to get married so bad, why don’t you buy my ring and propose to me?”

As mainstream feminism reached fever pitch amongst Taylor Swift and her squad of high-powered besties, “meninism” seemed to be fully co-opted by popular parody Twitter accounts like @TheMeninist and @MeninistTweet. Still, at the end of 2014, *The Telegraph* took the idea seriously enough to ask “Will 2015 be the year of meninism?”. And six months later, *BuzzFeed* further fed the meninist hype machine with a post entitled “Women Who are Against Feminism are Now Turning to ‘Meninism’”, which featured selfies of female Twitter users wearing t-shirts bearing the “Meninist” slogan.

In an effort to find out more about meninism, and curious about the women who have purportedly embraced it, I reached out to several of the women featured in the article but received no response, except from one user, @connorsivan, who revealed that – interestingly enough – the photo of her that ended up being shared in the *BuzzFeed* article was actually photoshopped as a gag, and she was in fact “extremely anti-meninism”. (True enough, a closer inspection shows that the picture is badly doctored.)

Which leads me to wonder – are meninists even real? Or are they simply another one of the internet’s troll-like manifestations, whose only cause is to take glee in frustrating feminists on social media, whilst collecting as many likes and retweets as they possibly can?



## Meet the Meninist

“For the majority of my life I was what I call a default feminist, which basically means that I was a feminist because I was raised to be one by my liberal parents. I maintained these views until quite recently using confirmation bias, but the more I look at the world objectively, the more I’ve come to realise that feminist theory is just... wrong,” the Tumblr user who goes by the handle ladymeninists tells me.

A self-professed female meninist, she explains, “Historically, when women have opened up about being wronged, they have inspired men who have been wronged in the same way to open up. But recently, when men come forward to talk about their issues, they’re accused of derailing women’s issues. And it’s



“How can we effect change in the world when only half of it is invited or feel welcome to participate in the conversation?”

Emma Watson

because all these human issues are being reframed as being women’s issues. If rape is a women’s issue and a man

tries to talk about being raped, he’s derailing a women’s issue.”

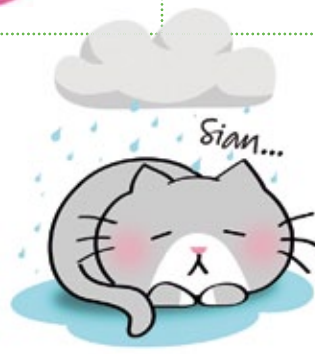
“I identify as a meninist because I want to be heard, and saying ‘I’m a meninist’ is a lot more provocative than saying ‘I’m not a feminist’ or ‘I’m a humanist,’” she continues. “Also, satire is fun, and when talking about heavy issues like sexism and oppression, I believe humor is extremely important.”

But when pressed on what meninism is really about, her arguments seem

# Happy Birthday, CLEO!

xo, LINE

It's our 21st and LINE celebrates with us by introducing this adorable set of limited edition stickers!



Simply scan this QR code or add @CLEOsg as a friend on LINE and be one of the first to receive the latest beauty and fashion goodies. These stickers are only available until November 14, so hurry and tell all your friends!





Not a real meninist.  
(Sorry, BuzzFeed.)

## Filling the Gap

It's also hard to say whether meninism should be taken seriously or not.

"I find it very hard to dismiss any manifestation of [meninists, or men's rights activists] as just trolls, because even trolls have a pulse to their actions. Nothing happens in a vacuum to me," says Mark Wong, a local feminist who helped set up the No To Rape campaign in Singapore.

"Besides, trolling is a simple yet powerful strategy to generate static to cloud and derail conversations. [And] trolls can cause real distress with their actions – what one may see as a minor annoyance can be a real back-breaking abuse for another who is at the end of behavior for prolonged periods."

Speaking in a strictly local context, Mark continues, "I know a lot of detractors feel like AWARE doesn't stand for them if AWARE doesn't catch everything under the sun related to equity. It's true that AWARE cannot address everything because, like it or not, they have limited resources but a laundry list of concerns to address. How we can help AWARE move up the ladder is by volunteering our time and/or donating to AWARE so they can build up more capacity to clear that laundry list in order to look at new [issues]."

"Alternatively," he points out, "people can also form their own organisations to make up for what they feel AWARE lacks. I mean, civil society isn't a single-party, hegemonic game. No one's drawing 'GRC lines' around gender equity fights, to be honest."

Indeed, feminism's naysayers are fond of attacking it on the basis that it doesn't address "enough" or "all" forms of equality, but who put feminism in charge of "equality" as a whole, anyway?

Still, if there's one thing I've learnt from talking to a meninist, it's that when we talk about feminism, we should not fall into the trap of a "ladies first" or a "men don't matter" mode of thinking. (Sorry, Karl Lagerfeld.)

After all, it's not really equality if the goal is just to substitute one kind of privilege for another. Oh, and also, don't believe everything you read on the internet. **C**

to dissolve: "I genuinely believe that men have issues, like the draft or circumcision (which is shockingly common in America), that are uniquely male problems and genuinely need to be addressed."

True, mandatory military service and circumcision might be issues worth discussing, but how is mocking feminists or denying feminism even supposed to help, particularly as feminists are not the ones responsible for instituting or upholding these norms in the first place?

According to ladymeninists, "Feminists [in the US] have been known to lobby against men's rights initiatives, and try to get men's rights groups labeled as hate groups." As for taking her theories beyond cyberspace, she adds, "I don't really have a plan to do anything outside the internet yet, as I haven't been at this for very long. I'm still talking to people and refining my ideas, and working on my personal life.

My goal is to make Hollywood movies someday, which is a great way to raise awareness and make statements about society, but first, I have to build my career."

At the very least, one thing worth taking away from meninism is the understanding that women aren't the only ones who suffer from sexism. Maybe men should have a space to take apart, discuss and evaluate traditional and modern notions of masculinity, the way feminism encourages women to continuously unpack both old and new concepts of femininity.

And maybe "meninism" can be that forum, and that would probably even be a good thing. But until meninism gets off Twitter and moves into the complicated system of political, social, legal, economic and academic (and the list goes on) frameworks that feminism already navigates, it's hard to say what it can or cannot be.

# LAYING THE FOUNDATION

The key to a great complexion lies in your foundation. What you need is one that enhances your natural beauty, offers ample coverage, and provides high levels of hydration. LUNA Water Essence Founpact EX SPF 35 PA++ ticks all the right boxes.



## ✓ Hydro Power

What good is a high-coverage foundation if it clogs your pores and dries out your skin? The ideal foundation needs to also offer high levels of hydration that keeps skin moist and looking fresh all day. The half-BB cream, half-compact LUNA Water Essence Founpact EX contains 70 percent mineral moisture essence to keep skin hydrated and silky smooth by providing a layer of moisture-rich protection all over the skin. It also strengthens your skin's moisture barrier over continued use.

## ✓ Long-Lasting Beauty

You would never want your makeup to slip and slide when you're out and about. Thankfully, the long-lasting, and water- and sebum-proof LUNA Water Essence Founpact EX makes sure you sport a flawless complexion all day long, so you won't have to fret over your makeup.

Exclusively available at

**watsons**

Luna is available at Watsons at #B1-14/15/16 Parkway Parade, #B2-06/07/08/09 Ngee Ann City, #B1-64/65/66 Northpoint, #02-27 to 33 Bugis Junction, #B1-07-08 Tampines Mall, #B1-12/13/14 Jurong Point, #02-07/09 Novena Velocity, #02-29 Changi Airport Terminal 3 Transit, #B1-42 Raffles City Shopping Centre, #B4-12 ION Orchard, #B1-39/40/41 Ang Mo Kio Hub, #02-57 Nex, #B1-14/15 Causeway Point, #B1-07 Jem, #B2-12/13 Bedok Mall, #B2-15/16/17 VivoCity. Please call 6569 3580 for more information.



## ACE OF BASE

It's time to get your basics right.

Even the best foundations need a makeup base – you don't want to take any chances with streaks or faded foundation. A multi-functional makeup base like LUNA One Base that hydrates, protects, primes and evens out skin tone is your answer. This lightweight, water-based primer contains fine shimmering particles to even out and brighten the duller areas of your skin, and also doubles as a hydrating gel moisturiser that strengthens your skin's natural barrier and shields it against environmental aggressors.

**LUNA has been featured on  
Get It Beauty, South Korea's most  
popular beauty variety show!**

**LUNA**  
Make Your Runway



## SISTER ACT

[Left to right] On Luiza: Filigree arm cuff, \$25, Aldo. Tassel necklace, \$21.90, Accessorize. Sequin dress, \$369, Mash-Up from Superspace. Multi-layered bracelet, \$95, Le Miel from Tangs at Tang Plaza. Stackable midi rings, \$10, Forever 21.

On Cydney: Metal necklace (sold as set), \$7, Forever 21. Padded headphones, \$109.90, Skullcandy from Stereo Electronics. Tracksuit jacket, \$119, Adidas. Ribbed crop top, \$69.90, H&M. Drawstring denim joggers, \$235, Agnes b. Beaded bracelet, \$41.75, Curious Creatures from Rockstar. Lace-up boots, \$249, Timberland.

# WE ARE YOUNG

Gather your girl  
squad and set fire  
to the night –  
these star looks  
are about to start  
a style supernova.  
#Coolkidsforever

Photography: **Joel Lim**

Fashion Direction: **Janice Pidduck**









## BESTIES FOREVER

[Left to right] On Apa: Gilded chain necklace, \$1,090, Alexander McQueen from On Pedder, Neoprene jacket, \$149, :CHOCOOLATE from I.t. Denim bustier, \$69, MinkPink from Eclecticism + Lauren Jasmine.

On Cydney: Stretchy tattoo choker, \$13.90, Topshop. Embroidered bomber jacket, \$285, Charm's from Sects Shop. Mesh top, \$59, MinkPink from Eclecticism + Lauren Jasmine. Pleated skirt, \$510, Marc by Marc Jacobs.





## TRIPLE THREAT

[Left to right] On Luiza: Gilded floral choker, \$19.90, and dainty long necklace, \$21.90, both from Accessorize. Denim and chain bracelet, \$59, and multi-layered bracelet, \$69, Le Miel from Tangs at Tang Plaza. Sporty mesh bra, \$79, YESAH from Superspace. Denim overalls, \$49.90, Bershka. Onyx link-pave bracelet, \$68, Curious Creatures from Rockstar.

On Cydney: Leather and chain choker (sold as set), \$7, Forever 21. Textured coat, \$1,575, Coach. Star-print denim bustier, \$59, Very J from J Runway. Multi-layered bracelet, \$95, Le Miel from Tangs at Tangs Plaza. Stackable midi rings (sold as set), \$13, Forever 21. Denim shorts, \$35.90, Stradivarius.

On Apa: Graphic hooded dress, \$255, Sport b. Multi-coloured beaded bracelet, \$26.75, half cuff metal bracelet, \$19, rope bracelet, \$29, gilded arrow ring (sold as set), \$15, and metal bar rings, \$15, all from Rockstar.





## IT TAKES TWO

[Left to right] On Onyiah: Leather bracelet with crystal studs (worn as choker), \$115, Bimba Y Lola. Typography necklace, \$4, Forever 21. Checked coat with faux fur collar, \$825, Bimba Y Lola. Denim bustier, \$46.90, and denim shorts, \$79.90, both from Topshop.

On Sydney: Leather jacket, \$199, and checked shirt, \$69, both from Mango. A-line denim skirt, \$490, Victoria Beckham Denim from Club 21b.





## GIRL, INTERRUPTED

Stretchy tattoo choker, \$13.90,  
Topshop. Multi-layered necklace, \$69,  
Le Miel from Tangs at Tang Plaza.  
Halter tank top, \$49.90, Topshop.  
Faux fur coat, \$675, Bimba Y Lola.



## FIRE STARTER

Wide-brimmed hat, \$350, Zadig & Voltaire. Crystal studded choker, stylist's own. Gilded chain necklace, \$69, Legenda from J Runway. Faux fur vest, \$109, and knitted crop top, \$35.90, both from Pull&Bear. Fringed vest, \$79.90, Stradivarius. Ribbed skirt, \$99.90, H&M. Thigh-high boots, \$3,270, Roger Vivier.



**Stylist** Sifra Vania **Hair** Ash Loi at Atelier using Sebastian Professional **Makeup and Manicure** Emma Haddock at Indigo Artisans using NARS Cosmetics **Fashion Assistants** Ashlyn Wong, Jaslin Purification, Yvonne Lee **Models** Apa C and Luiza S/Avenue Models and Cydney/Mannequin Models. Some prices unavailable at press time.





## SITTING PRETTY

[Left to right] On Cydney: Chain necklace, \$7, Forever 21. Camou-print baseball tee, \$149, Aape from I.t. Metallic shorts, \$189, What Women Want. Chain bracelet, \$69, Legenda from J Runway and chunky slave bracelet, \$69, Le Miel from Tangs at Tangs Plaza. Metal bar ring, \$45, Le Miel from Tangs at Tangs Plaza. Gladiator heels, \$1,000, Stuart Weitzman.

On Apa: Crystal-studded earrings, \$330, Eddie Borgo from On Pedder. Lurex dress, H&M. Graphic sneakers, \$215, Sport b.



GET THE LOOK

# YOUNG & FREE

Sunsilk shows you  
how to master  
the morning-after  
#iwokeuplikethis hair.





1 To start, prep hair with a dollop of Sunsilk Smooth & Manageable Instant Smoothing Cream. Apply it to remove frizz. You want your hair to look naturally tousled, not frizzy!



2 Wrap the middle section of your hair around a curling iron (choose one with the largest barrel), leaving the ends straight. Tip: wrap hair at various starting points for an irregular wave pattern.



3 Loosen the curls by massaging the roots of hair.



4 Give hair a few final spritzes of Sunsilk Nourishing Soft & Smooth Oil Spray and scrunch hair to instantly add a healthy natural shine to this look.



## WHAT YOU NEED:

### 1 Sunsilk Nourishing Soft & Smooth Oil Spray, \$11.90

Sunsilk's first-ever dual-phased spray has a top layer of moisturising cream that instantly makes hair soft and shiny, while the bottom layer of nourishing oil blend provides hair with much-needed intensive nourishment.

### 2 Sunsilk Smooth & Manageable Instant Smoothing Cream, \$6.90

This leave-in cream is packed with lots of moisturising goodness including argan oil. Perfect for keeping your hair manageable, even when you are on the go.



# THE BIG 50

Get ready to load up on some serious next-level fashion. The CLEO editors have picked the winners of this year's categories (read: thrashed it out in a locked room for over 12 hours) and we're ready to name the most stylish brands, industry peeps and sartorial fur-kids on our little red dot, and the rest of the planet.

Best statement bags  
for fashion lovers:  
**CARLO RINO**

Bonus: not only do these bad boys carry your stuff in style, they're also guaranteed conversation starters.

Carlo Rino logo handbag, \$245





**Most luxe loungewear:  
JUICY COUTURE**

Shop here if you want to channel that world famous Cali-cool style.

Juicy Couture leopard-print lounge set, \$360



**Best tech brand for style-savvy girls:  
ASUS**

Just so you know, these slick machines are the official way to surf the interwebs in style!

ASUS ZenPad 7, \$199



**Best slippers to walk home in after a night out:  
IPANEMA**

Do your feet a favour and carry these lifesavers in your purse at all times.

Butterfly-print slippers, \$32.90, roller skate-print slippers, \$32.90, ankle-strap slippers, \$39.90, all from Ipanema

**Best streetwear:  
ADIDAS**

Get that "fashlete" look down pat with sporty pieces that will up your street cred.

Adidas Irana sneakers, \$159



**Blogger with the best style:  
LEANDRA MEDINE**

Dear Leandra, thank you for creating *Man Repeller*. We too are now wearing flares that look like they could swallow a toddler, and don't give two hoots about what men think about it. You rule!



**Coollest neighborhood mall:  
J CUBE**

Get your skates on (literally) and fast track it down to da Cube, because not only does this hub have awesome shops and activities, there's an ice skating rink on-site, too!

Watermelon-print tee from Bag Box, \$12



**Best statement buys that don't blow the budget:  
H&M STUDIO**

Runway pieces at high street prices? Can we get a yes, please!

**Most OOTD-worthy blogshop:  
THECLOSETLOVER.COM**

Shopaholics will LOVE this online shopping destination. Their sartorial pieces = a slew of extra social media likes coming your way!

Theclosetlover.com floral-print dress, \$37



*Her accessories game is on fleek!*

**Most stylish granny:  
IRIS APPEL**

In with the old and also with the new! Fashion grans are having a fashion mo'.





Best body-  
adoring lingerie:  
**SLOGGI**

Give your tired  
old skivvies their  
marching orders;  
there's some flirty  
new fundies in town!

Pastel pink cuddle bra,  
\$74.90, light purple  
cuddle bra, \$74.90, and  
dream bra \$74.90, all  
from Sloggi







**Best mall for fashion addicts and foodies:**  
**BUGIS +**

Wine, dine and shop to the nines at Singapore's #1 shopping and entertainment destination.

Taco-print leggings, \$59.90, and cupcake coin pouch, \$29.90, both from The Little Joie



**Best camera for selfies:**  
**OLYMPUS**

Shoot to thrill with a savvy snapper and bam, your social media game will be strong.

Olympus PEN E-PL7, \$858 onwards



**Worthiest work bags:**  
**TOCCO TENERO**

Your search for the ultimate office bag ends here.

Tocco Tenero Studding Sail Bucket bag, \$119



**Best budget-friendly basics:**  
**BOSSINI**

Our fave thing about this label? You can look da bomb without spending a bomb, and their pieces are hella easy to style, too.

Bossini dog-print long-sleeved shirt, \$46



**Best-dressed tot:**  
**NORTH WEST**

A.K.A. the most stylish member of The Kardashians.



**Most effortlessly cool denim label:**  
**LEVI'S**

They've been in the biz since the 1800's, and when it comes to creating iconic denim trends, we can safely say they've earned their rep.

Levi's denim overalls, \$189.90



**Unlikely style icon:**  
**JEM**

Not only was the '80s cartoon icon the frontwoman of Jem and The Holograms, she was also a champion of face paint as makeup and high tech star-shaped earrings. This girl was ahead of her time!



**Best prepster shoes:**  
**CLARKS**

Some might say "anti-fashion nerd". We say "the coolest shoes to own this season". Marsha Brady approves.

Clarks Anniston Vale loafers, \$239



**Baby got backpack!**

**Best bags for weekend warriors:**  
**LESPOOTSAC**

Cute, casual and lightweight, these nifty nylon carriers complete your off-duty style.

Peanuts x LeSportsac Voyager Backpack, \$380



Hottest luxury  
label to own now:  
**CHANEL**

Is it a jacket? Is it a cardigan? No, it's a handbag! And this playful innovation is just one of the reasons we worship this covetable luxury brand.

Chanel 'Girl Chanel' handbag, \$6,490

Luxe  
buy!



Breast  
in show!



Best bust boosters  
in the industry:  
**TRIUMPH**

Meet your  
new breast  
friends! They  
promise to make  
your cleavage and  
social life bloom!

Magic Wire bra, \$89.90, and lace  
panties, \$29.90, both from Triumph

Luxe  
buy!



Most swoon-worthy  
jewellery collabs:  
**SWAROVSKI**

Cool girls can't  
get enough of  
crystal collabs  
with the  
world's most  
cutting edge  
designers.

Multi-coloured crystal  
necklace, \$2,600, and  
crystal ring, \$430, both  
from ATELIER  
SWAROVSKI by  
Philippe Ferrandis



Hippest shopping  
mall to hang out in:  
**CINELEISURE**

Fact: all the cool kids hang out at  
this iconic shopping mall as it's got  
fashion, food, entertainment and  
attitude. Period.

Anastasia by Raine Desirette Fringeon  
sling bag, \$36.50, from Rockstar, Linda  
Farrow x Prabal Gurung acetate frame  
sunnies from P.V.S., \$523.



Best dainty  
jewellery label:  
**FOLLI FOLLIE**

Perfect for layering or  
wearing alone, these  
dazzlers are also prone to  
flirtatious glinting.

Necklace with heart-shaped  
pendant, \$119, necklace with  
crystal studded pendant, \$219,  
and necklace with star-shaped  
pendant, \$125, all from  
Folli Follie



Most sought after bestie:  
**KARL LAGERFELD**

Who wouldn't kill to be BFFs  
with uncle Karl and his fuzzy  
lil fur-kid Choupette? Note  
to Karl: call us soon!



Ultimate gym-drobe for  
fitness fanatics:  
**REEBOK**

Break a sweat in style with  
these sweet pieces.  
Reebok logo sports bra, \$59

Crop it!



Model to watch:  
**GIGI HADID**

Not only is  
this mega  
babe the  
hottest  
property in  
Hollywood,  
she's also a  
worthy role  
model, too.  
#priorities



Prettiest jelly  
accessories:  
**JELLY BUNNY**

Plastic just got  
fantastic with these  
fun accessories.

Lips clutch bag,  
\$89.90, and flat  
rubber shoes,  
\$15.90, both  
from Jelly Bunny

Best statement  
shoe label:  
**P.V.S.**

Get down and boogie  
with a line-up of show-  
stopping shoes. Fur coat  
and microphone optional.  
Jeffrey Campbell Lita heeled-  
boots from P.V.S., \$219







Best jewellery for  
every occasion:  
**PANDORA**

Warning! These addictive  
charms will kick-start a  
serious collecting habit.



1. Engraved slogan heart-shaped charm, \$53 2. Abstract charm with faceted crystal, \$71 3. Birthday card charm with clear cubic zirconia, \$71 4. Crystal-studded heart-shaped charm, \$124 5. Silver cow charm, \$53 6. Openwork floral charm with clear cubic zirconia, \$620 7. Arabian coffee pot charm, \$53 8. Heart-shaped dangle charm, \$88 9. Heart-shaped charm with embossed gold crown, \$124 10. Abstract silver spacer with light green crystals, \$53 11. Openwork heart-shaped charm, \$620 12. Robin the Bird charm, \$88 13. Snow globe charm with opalescent crystals, \$106 14. Crystal-studded dangle charm, \$230 15. Engraved slogan heart-shaped charm, \$71 16. Abstract charm with faceted crystal, \$71 17. Faceted crystal charm, \$71



Best lifestyle label for outdoorsy girls:  
**ROXY & QUIKSILVER**

A cute wardrobe of outdoor wear is essential if you want to hit the trail looking like a babe.  
Roxy Pop Surf wetsuit, \$149



Best girl-next-door basics:  
**AMERICAN EAGLE OUTFITTERS**

Off-duty dressing just reached the next level: now you can look effortlessly casual, even if you're just popping to the corner shop.

Logo sweater, \$60, and distressed denim shorts, \$75, both from American Eagle Outfitters

Comfiest pavement pounders:  
**GEOX**

Say hello to your new sole mates. They're like pillows for your feet!

GEOX Lia ankle boots, \$295



Best fashion newcomer:  
**NADIA RAHMAT**

AKA @skinnykatwoman and "that Marc By Marc Jacobs girl", we predict this style chameleon is going to be properly famous.

@skinnykatwoman



Luxe buy!

Best shopping site:  
**SHOP.SHESHOPS.COM**

For the sheer variety of international and South East Asian labels on offer, this is the fashionista's go-to site.

Red boxy bag, \$970, white boxy bag, \$1,006, both from Lautem



Toughest timepiece on the planet:  
**CASIO BABY-G**

Don't be fooled by the pretty face, this brawny watch is shock- and water-resistant. Think of it as a total wrist warrior.

Casio Baby-G leopard-print digital watch, \$179



Best sneakers on a budget:  
**BATA**

Smash the new season with tennis shoes that hark back to the golden school years.  
Bata tennis shoes, \$79.95



Most stylish shape wear:  
**WACOAL**

Want va-va-voom pin-up curves? Consider it done.

Simply Support Full Lace bra, \$89.90, and high-waisted girdle, \$79.90, both from Wacoal



Hot fuzz!



Future Fashion Icon:  
**ASHLEY SMITH**

Let's face it, this gap-toothed model is a modern day ingenue in the making.





Best body-  
loving denim:  
**UNIQLO**

We love how  
UNIQLO pioneers  
precision-fit jeans  
using the latest  
cutting edge  
technology.

Uniqlo Denim Slouch  
jeans \$59.90



Luxe  
buy!



Best multi-label boutique  
for beautiful labels:  
**LULA ROCK**

They stock Au Jour  
Le Jour and Sretsis.  
Need we say  
anymore?

Labyrinth Necklace,  
\$745, Marianne  
mini dress, \$625,  
and Daisy Berry  
Earrings, \$255,  
all Sretsis from  
Lula Rock



Best work wear for  
chic girls on the go:  
**G2000**

A wardrobe of slick work essentials  
are all you need to set tongues  
wagging at the water tower.  
Cotton 2-in-1 collar, \$26, and knitted  
sweater, \$69, both from G2000



Most stylish slip-ons  
for the fashion set:  
**BIRKENSTOCK**

From pant suits to prom  
dresses, you can wear  
these slides with  
anything and instantly  
inject a dose of cool.

Arizona sandals, \$49, and Arizona  
studded sandals, \$339, both from  
Birkenstock



Cutest shoes to  
work out in:  
**SKECHERS**

Be a #fitspiration with some slick  
shoe swish. At last, your  
"gymdrobe" is complete!

Skechers D'Lites Cherry training  
shoes, \$149 each



Best everyday  
watch brand:  
**SEIKO**

Take the pain  
out of  
everyday  
dressing with  
a watch that  
basically  
goes with  
everything!

Red leather  
strap  
analogue  
watch,  
\$563.90,  
and peach  
leather strap  
watch, both  
from Seiko



Luxe  
buy!

Suit up and  
hit the surf!

Best beachwear for  
sun worshippers:  
**RIPCURL**

Looking for  
some fun in  
the sun? This  
is your one-  
stop-shop for  
the ultimate  
beachwear.

Paradise City  
bikini top,  
\$39.90,  
Paradise City  
bikini  
bottom,  
\$34.90, and  
Duke denim  
shorts,  
\$79.90, all  
from Rip Curl



@mensweardog



Most stylish pet:  
**MENSWEAR  
DOG**

Meet the ultimate  
male style inspo.  
To be shared  
with your  
boyfriend, ASAP!

Thumbs  
up, dog!

Coolest musician  
to copy:  
**FKA TWIGS**

The queen of baby hair  
and edgy piercings, who  
hasn't been inspired by  
this music industry  
darling's visionary style?



Coolest dress-  
down kicks:  
**SUPERGA**

Kick off in a candy  
coloured line-up of  
sneakers you can  
wear with anything  
and everything.

Superga 2750 Classic Series  
sneakers, \$69.90 each







### Bershka #02-20/21

On the hunt for the latest trends? Spot them at Bershka, where music, fashion, art and youth culture collide to bring you cutting edge designs with a cool-girl twist.

Leather effect trousers, \$49.90, and fringe detail jacket, \$69.90, both from Bershka



### TEMT #02-25 to 27

TEMT's philosophy is about chic style, sophistication and this season's "must-have" items. Their passion is for key on-trend pieces that are essential and affordable, creating signature looks for every occasion.



### Pull&Bear #01-19

For those with a sense of style that's a little left of centre, Pull&Bear is your offbeat style soulmate. Comfy cuts, cool kicks and quirky accessories all reside here, so make yourself right at home.

Wide leg pants with pockets and buttons, and bluchers with welt detail, \$79.90, both from Pull&Bear



### UNIQLO

#01-15/16 & #02-15 to 17

The LifeWear specialists are all about creating perfect, essential pieces for our everyday wardrobes with innovative designs and quality materials. What's not to love?

# STOP HERE FOR FASHION

*Let your style go wild at  
the city's coolest shopping  
destination, Bugis+.*



### YiShion

#02-02 to 05

Feeling like downtown grunge? Or casual glamour? No matter what your fashion-loving heart wants, check out the offerings from YiShion for a dose of contemporary cool.



### Nike Amplify Basketball

#02-18

If it's not enough to look cool, Nike's got you covered, with high-performance athletic wear that'll kick both your style and sports games into high gear.

Nike KD VII Elite men's basketball shoes, \$279



### adidas Originals #02-10/11

The latest cool collab to come from adidas Originals features artworks by superstar Pharrell Williams and artists Todd James, Zaha Hadid and Mr.

adidas Originals Superstar Supershell collection, \$149 - \$169



### Timberland #02-01

The original workwear boot makes a bold style statement - so step into Timberland for fashionable footwear that truly goes the distance.

Timberland Avery Chukka 8562B, \$269

# Sheer D'Lites

Game on! Step into these sporty and stylish kicks from Skechers for instant street cred.



Flash this page at any Skechers store to **receive a limited edition Sistar poster!**

(While stocks last.)

Ask any fashion lover the one trend she can't get enough of, and sneakers would be it. After all, ever since they took the fashion world by storm, in all colours, styles and forms, the term "happy feet" has gone from an impossible dream to reality. No more hobbling around in cramp-inducing stilettos, or packing an extra pair of shoes to change into in case you can't survive another minute of hell on heels.

Our pick for the Cutest Shoes to Work Out In, Skechers' D'Lites will take you from the gym to the street with its winning combination of on-trend design and cushioned comfort. Get ready to score major style points with the lace-up training sneaker's thick outsole, trubuck leather and mesh upper, along with stitching and overlay accents. Meanwhile, a padded collar and tongue, fabric lining, cushioned insole, super lightweight shock-absorbing athletic midsole, and light and flexible traction outsole will make you feel like you're floating on air, whether you're on the tarmac or the track.



**SKECHERS**

Available at Skechers Concept Stores.



# SUPERGA

## PEOPLE'S SHOES OF ITALY



Show off your dazzling personality with these fresh twists to the classic Superga 2750.



### ◀ THE WINNING ATHLETE

You love an exhilarating run but that doesn't mean you're not a fan of pretty nail art, too. Choose this pair of multicolour tweed kicks to show off both your sporty and girly sides.

### THE GIRL-NEXT-DOOR ▶

If snuggling in bed with a cup of hot chocolate sounds like the perfect activity, pick this blue braided bottomed wool design to take your favourite #sweaterweather look down to your toes.



### ◀ THE LAID-BACK CHICK

Comfort comes above everything for you so what's better than this pair of versatile grey mixed wool polyester shoes that matches anything you wear?

### THE INTELLECTUAL BOOKWORM ▶

Cafe-hopping with a good novel is part of your routine, so complete that with this pair of elegant light grey sneakers made with mixed wool polyester.



### ◀ THE ARTSY ONE

Colours on canvas make you happy so go for this elaborate tapestry design on a jacquard fabric that'll keep you right on track to becoming the next Picasso.

# Brand New BLUE

You might not be able to reinvent the wheel, but UNIQLO proves you can put a whole new spin on an old classic by taking your favourite jeans and making them even better.



**T**hey say you can't improve on perfection and, for many of us, classic blue jeans are the ultimate fashion item, worshipped because they're comfortable, stylish, versatile and iconic... so how can you make them better? Turns out, the winner of the Best Body-Loving Denim award, UNIQLO, has the answer.

Though they've already secured a sure spot in our closets with their high-value, mad-comfy denim offerings, the masters of simple, functional style are now raising the bar with more new updates that love your body – no matter the shape – in even more ways. The result? A rewritten version of the former jean code.

## Jean Therapy

Watch out for this year's update of the Ultra Stretch Jeans, which up the stakes by being UNIQLO's stretchiest jeans yet. Up to 50% more stretchable than before, the jeans – which are also available in an ankle length style – keep their 90% recovery rate, meaning you can wear them as often as you want (read: every day) and still not have to deal with saggy bottoms. Another key detail are the redesigned back pockets that visually lift and contour your booty. Killer curves that don't involve extra gym time = our prayers, answered.

UNIQLO Ultra Stretch Jeans, \$59.90. Available in six colours.



## Smarty Pants

The other figure-flattering introduction to get excited about this season is all about addressing the front, instead of the back. The new Smart Shape Jeans feature an intelligent Smart Shape Band that's hidden inside the front pockets to hug you in wherever you need it and make tummy troubles a thing of the past. Made from super soft, natural Lyocell fibres, the Smart Shape Jeans are also designed to give you the stretch and comfort you're used to, so you can feel relaxed and confident at the same time.

UNIQLO Smart Shape Jeans, \$59.90. Available in five colours.



**Frayed Not!** *Here's why you never need to worry about looking your best with a pair of UNIQLO Ultra Stretch:*

- ✓ Maximum comfort: thanks to lighter, more breathable fabrics.
- ✓ Shape-keeping technology: for the appearance of longer legs and a slimmer waist.
- ✓ Ultimate freedom: with up to 50% more stretch.

UNIQLO SMART SHAPE JEANS, AVAILABLE AT SELECTED UNIQLO STORES. FOR MORE INFORMATION, VISIT [WWW.UNIQLO.COM/SG](http://WWW.UNIQLO.COM/SG).



LifeWear



# The Laws of Layering

Bronzer then blush?

Foundation before concealer?

Serum ahead of moisturiser?

Consider this your ultimate recipe for skincare success.

Sometimes, your beauty routine probably feels more like a *MasterChef* challenge than an exercise in good grooming. You take one look at that department store counter heaving with 645 different potions and lotions and it's like trying to choose the perfect mix of ingredients for a three-course meal. Back when we were younger, life was so much easier. Not only was Myspace the only social media account we had to manage, our skincare routine was simply to cleanse, tone and moisturise. That's it. Now, there are serums, oils, boosters and targeting products addressing everything from anti-ageing to brightening and whitening. And as for makeup, well, that's a whole other category! From powders to foundations and illuminators, it can be a bit of a battlefield knowing what to use and when. While you don't need to use all of these products, what you do need to know is the right order of their application and how to apply them. We consulted the skincare pros to help make your beauty regimen a whole lot easier. See, life can be made simple all over again.







# The beauty dictionary

It's hard enough to keep track of where you put your keys, wallet and phone, let alone what's coming and going with all the new products in the beauty world. From BBs to blur cream, we thought we'd clear up what's making waves at the moment.

## BLUR CREAM

These products literally blur away the appearance of pores and wrinkles, offering your skin an instantly smooth and soft appearance. Blur creams can be applied to your face before or after makeup, and some can be used in place of a primer. If you find your primer and foundation aren't cutting it when it comes to disguising uneven skin tone, consider this your new best

friend. However, it's a product which will only offer a temporary solution – the effect won't last forever. ❶

## WHITENERS

Nope, they won't turn your skin the same shade of white as Stefan's in *The Vampire Diaries*. The main aim of whitening products is to even your skin tone, brighten and add luminosity. If pigmentation's an issue, these products will also help to block the melanin-manufacturing pathway.

## EYE SERUM

While they're similar to eye creams, eye serums don't contain the heavy oil that you find in most creams. Serums can be used in place of a cream or

under, depending on your needs. ❷

## BB CREAM

Standing for blemish or beauty balm, BB creams have been around for a while. They're a multi-functioning product designed to even out your skin's complexion, hide blemishes and uneven skin tone as well as offer skincare benefits. Just think of BB cream as a tinted moisturiser with extra benefits, but with less coverage than your regular foundation. ❸

## AHAS

AHA is short for alpha hydroxyl acids, a group that includes

lactic, glycolic, citric and mandelic acids. Products that contain AHAs break down the glue-like substance that keeps dead skin cells on the surface of your skin – differing from a manual exfoliant, which scratches your skin. AHAs sink in nice and deeply for an intense exfoliation. They have been shown to promote collagen synthesis (goodbye, fine lines!) and also reduce hyperpigmentation.



❶  
ETUDE HOUSE  
Beauty Shop Blur  
Cream SPF 15 /  
PA+, \$27.90

❸  
LANEIGE BB Cushion Anti-  
aging SPF 50+ PA+++, \$62

❷  
Elizabeth Arden  
Skin Illuminating  
Brightening Eye  
Serum, \$88

# Layer it up

Just like a game of Jenga, applying your skincare products is a delicate process that needs to be done in the correct order.

## 1 SERUM

Serum should be the first treatment product to apply after cleansing the skin. It's absorbed into the deepest layer of your skin, nourishing and protecting from within.

Nivea Extra White Make Up Starter 3 in 1 Moisturising Day Serum SPF 33 PA+++, \$15.90

## 2 FACIAL OIL

Facial oil will leave your skin supple and smooth. As with all subsequent products, wait for one minute before applying.

Clarins Blue Orchid Face Treatment Oil, \$68

## 3 EYE CREAM

It's best to apply this before your moisturiser to avoid having your cream touch the delicate eye area.

Lancôme Advanced Genifique Yeux Youth Activating Eye Cream, \$98

## 4 MOISTURISER

Be it a gel-type cream or normal cream, the moisturiser should be applied after serums and oils. It forms a protective and hydrating layer on the skin.

Kieh'l's Super Multi-Corrective Cream, \$115

## 5 SUNSCREEN

Sunscreen forms a protective barrier that shields your skin from the damaging effects of sunlight.

Daylong SPF 50+ PA++++ Light Gel, \$32.90

## 6 PRIMER

Primers give your makeup something to cling to. "They can also help alleviate any concerns with your skin, which may affect your foundation's longevity," says hair and makeup artist Mia Hawkswell.

Shu Uemura Pore Eraser CC UV Under Base Mousse SPF 35 PA+++, \$65

## 7 FOUNDATION THEN 8 CONCEALER

If it's a blemish, conceal it over foundation," says Mia. You can then blend it in and leave your foundation intact. If it needs more coverage, like severe acne, conceal first.

VDL Perfecting Last Foundation SPF 30 PA++, \$42, and Shiseido Perfecting Stick Concealer Long-lasting Stick, \$46

## 9 BRONZER THEN 10 BLUSH

To add a subtle contour to your face, use a light bronzing powder. "As a general rule, bronze first, then you can see where and how much colour you need to add," Mia explains. When you're applying bronzer, be mindful that it should mimic the natural contours of your face.

Make Up For Ever Pro Bronze Fusion in 351, \$62, and Too Faced Love Flush Long-Lasting 16-Hour Blush in Baby Love, \$36

## 11 POWDER

"A powder controls shine in areas we need," says Mia. Leaving it till last allows the foundation to settle beforehand. Apply with a fluffy brush to areas that are oil-prone.

Shu Uemura The Lightbulb Glowing Face Powder, \$60





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# CLEOBody

Health & Wellness News • Fitness Tips • Smart Eating Guide

## Walk this way

We've been doing it all our lives, but now it's time to speed up and move into the league of power walking.

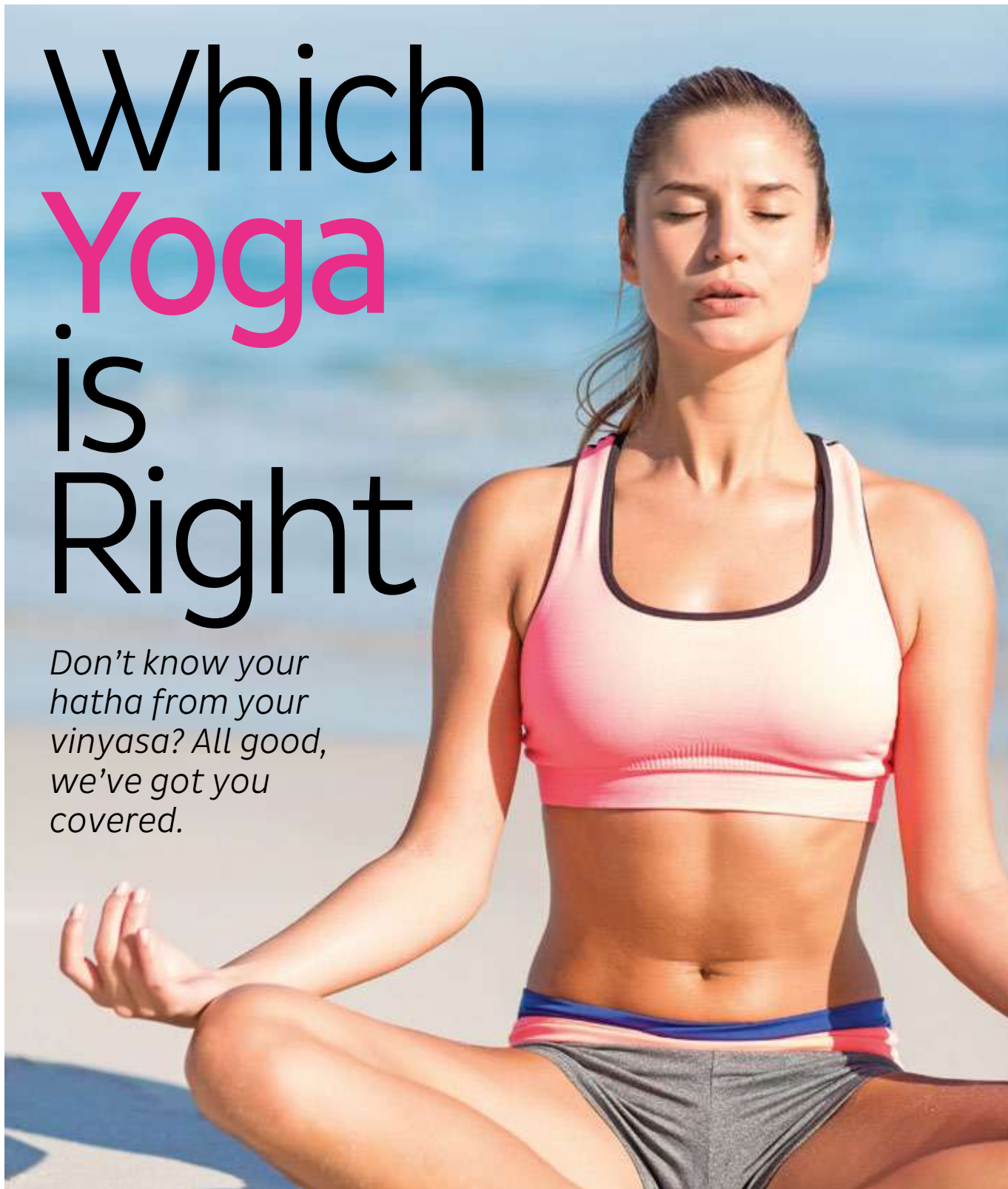
Who would've thought something so simple could bring such great benefits? Also known as brisk walking, power walking helps to prevent high blood pressure and diabetes, says cardiologist Dr Peter Ting from Gleneagles Hospital. Here's a trick to figure out if you're going at the right speed: you should feel slightly out-of-breath and find it difficult to speak coherently. If you're up for a challenge, try carrying some light weights or going up slopes. For those with knee problems, don't fret. Compared to jogging, power walking is better for you because one foot will always be on the ground. This means less pressure on your knees as you make the rounds. So really, there's no excuse – it's time to take a walk. 

Images Corbis/Click Photos Text Liu Kai Ying.



# Which Yoga is Right

*Don't know your hatha from your vinyasa? All good, we've got you covered.*



**T**oday, yoga isn't just about perfecting your best downward dog. Now you have to decide if you want to do it upside down, in desert heat, or backwards on a paddle board. And attempting the wrong yoga

type could mean the difference between finding your inner Zen and wanting to punch your instructor.

But don't let the big decisions stop you from wanting to get your Omm on. There's a little something for everyone

(from full-on noobs to total pros). "There's a yoga style to suit every level, age and background," explains yoga expert teacher Charlotte Dodson. "There are certain types to complement specific cycles in your life at the moment and it's

important to remember that whichever style you decide to go for, yoga is a gateway to the same place: stillness and peacefulness.” Namaste to that!

So, where does your gateway lie? The answer depends on many factors, like where you live, your budget, how much free time you have, what you want out of life, and what other exercise you do. If, for example, you love doing Pilates, you might prefer yoga that concentrates more on soothing the mind rather than the body, because Pilates already involves stretching. If you're into jogging, you may enjoy a variety that allows you to exercise fast movements. Whatever the situation, we've found the perfect yoga style for you.

## You want gentle, easy stretches: **HATHA**

Great for beginners, this is a simple practice combining posture and breath that won't require that you contort your limbs from the get-go. Experts say hatha encourages you to stretch your body, soothe your mind and lift your spirits.

**Try it if** you'd prefer to gently ease your body into yoga.

**Avoid it if** you're an impatient go-getter who wants to skip the introductions and cut to the chase.

**Been there, done that? Try:**

**Jivamukti:** Described as a more vigorous form of hatha, it backs a holistic approach to life, including healthy eating.

**Dru yoga:** A simple yoga that enthusiasts, like legendary man of peace Mahatma Gandhi, praised because its tai chi-like poses help boost feelings of total body wellness and joy.

## You want greater flexibility: **IYENGAR**

Devotees of this slower, more methodical yoga say it's an awesome way to loosen up and relieve stress. You'll work with props (think blocks and belts) designed to help safely improve your flexibility as you stretch further into the pose without straining. If you have an injury and are looking for physical therapy to

help you recover, this is perfect.

**Try it if** you'd like to be able to touch your toes (again).

**Avoid it if** quick fixes are your thing. This is a disciplined form of yoga that requires patience, focus and dedication.

**Been there, done that? Try:**

**Vinyasa:** Also known as flow yoga, this exercise focuses on using the breath to move from one pose to the next, either on an inhale or an exhale.

## You want to make it a lifestyle: **KUNDALINI**

This is a pretty slow-moving yet intense form of yoga that encourages a more spiritual philosophy and aims to align and cleanse the body's six chakras. It's an introspective, meditative practice that may push your emotional buttons as your involvement deepens. It also involves chanting as a form of positive reinforcement.

**Try it if** you want to hit the slow-down button on life and connect with yourself on a spiritual level.

**Avoid it if** you think the idea of singing chants with total strangers is a little too weird for you.

**Been there, done that? Try:**

**Sivananda:** An entry-level or experienced level yoga that incorporates dance, breath, as well as positive thinking, relaxation, diet and meditation. The big difference? No chanting required. Promise.

## You want to be challenged: **ASHTANGA**

You've been warned – this style isn't for the wimpy. Often known as “eight-limbed yoga”, ashtanga combines eight types of yoga and requires physical strength and mental agility as it tests your ability to memorize a sequence of different poses. If you're a fan of gymnastics and solid workouts, this will get your heart rate up, tone your body and burn those calories.

**Try it if** you crave going from one challenge to the next.

**Avoid it if** you hate being told what to do. This structured form of yoga won't allow you to move forward until you nail the

basics. So, listen up.

**Been there, done that? Try:**

**Power yoga:** Unlike ashtanga, this '90s version follows a set series of tough poses. Prepare to work up a sweat.

## You want a solid workout: **BIKRAM**

A 90-minute bikram class involves coming to grips with 26 poses and two breathing exercises. Sound simple?

Oh, we forgot to mention it's done in a steamy temperature of around 37°C. You do a series of warm-up moves first, before trying out deeper poses during a full-body workout. Bikram is great for relieving back problems, loosening up joints, and improving blood flow and your overall posture.

**Try it if** you kind of dig the feeling of dripping in sweat while getting rid of toxins.

**Avoid it if** you'd rather not mess up your makeup or think you might faint.

**Been there, done that? Try:**

**Moksha yoga:** Also involves doing sweaty poses but is generally more relaxed than bikram. ☐

## YOGA ETIQUETTE

**Yoga is all about relaxing, but that doesn't mean you can do a child's pose commando-style. Here are some points to be wary of for your next class:**

- ✓ Be mindful of personal space. Stay within yours.
- ✓ Avoid getting up in the grill of your fellow yogis, stepping on their mats or breathing too heavily around them.
- ✓ Don't be a moaner. You don't want your “Omms” and “Aahs” to sound like you're filming a sex tape.
- ✓ Be a clean machine. Strong perfume is frowned upon, as those deep intakes of breath aren't meant to include Marc Jacobs' Daisy. And if you sweat a lot, always wipe down your mat and the space around you.





# The Bust-Boostin' Workout



Ben Payne

If you haven't been blessed with Kate Upton's impressive bust, CLEO's go-to personal trainer, Ben Payne, shows you how to put your best, err, chest forward.

# Workout



## 1

### I'm with the band

#### Band pull-aparts

**1** Stand with your feet hip-width apart in a split stance (one foot forward). Hold the band out in front, palms facing in, with arms bent horizontally at eye level. Brace your core by pulling the belly button toward the spine and contracting your glutes.

**2** Pull the shoulders down and back. While maintaining the shape of the arms, breathe out and pull the band apart. Pause there for just one second, then return while breathing in for the count of two seconds.

**Repeat for 10 reps in total, then move on to the next exercise without stopping.**

# 2

## Drop it like it's hot

### Push-up

**1** Start with your arms straight and your hands in line with your chest on the floor just wider than shoulder-width. Your body should form a straight line from your shoulders through to your heels. Ensure that your feet are slightly apart.

**2** With a braced core, bend at the elbows so your upper arm travels down toward the side of the body (not touching your side, but not flared out either) and lower the body in one straight line while breathing in to the count of two seconds. Avoid letting the lower back sag. You should aim to get the elbows to at least 90 degrees (lower if you can control it).

**3** Push your hands down hard onto the floor and, while trying to squeeze the pecs, straighten your arms up and return to the starting position. Do this while exhaling over the count of one second.

**Repeat for 10 to 14 reps, rest for 90 seconds, then repeat for two full sets.**

### Band fly

**1** The set-up for the fly is the same as the previous exercise, except the band should be positioned behind you, either resting against your back or anchored to something. Start with your arms extended out to your side at shoulder level with palms facing in. Ensure you maintain a slight bend in your elbows.

**2** Brace your core and bring your arms to meet in front of you at shoulder level. Do this while breathing out, squeezing your pecs and maintaining the length in the arms, to the count of one second.

**3** Return to the starting position while breathing in over the count of two seconds, ensuring that you pause for one second.

**Repeat for 10 reps in total. Move on to the next exercise with no rest.**



# 3

## Heads down, thumbs up

### Prone cobra

**1** Lie face down on a mat with your head and neck in a neutral position, and your arms rotated in so your elbows and palms face upward.

**2** While breathing out, raise your chest off the floor, to the count of one second. At the same time, rotate the arms outwards so you finish with elbows facing into your side and your palms out. Keep the neck in a neutral position. Hold here for two seconds.

**3** Breathe in to return to the starting position over the count of one second, and rest at the bottom for one more second.

**Repeat for eight to 12 reps. Aim to do two to three sets.**





# What to Eat When

*Whether you're practising back bends, running 5K, or smashing a circuit, nutritionist Susie Burrell has your pre- and post-workout snacks covered.*

## THE GYM

Whether you're breaking a sweat in pump class or cruising on an elliptical trainer, what to eat before and after training hangs on the intensity of your workout. For example, a 20-minute stint on the treadmill doesn't call for an extra meal, but a 90-minute weights-and-cardio class does.

**What to eat before:** If your gym session is of high intensity and goes for more than 30 minutes, topping up your fuel stores an hour before you exercise will help prevent hunger and overeating later on. Half a sandwich, Greek yoghurt with fruit, or a black coffee and a nut bar are nutritious choices.

**What to eat afterwards:** Ideally, your next meal should fall within an hour after your workout. But if it's a little longer than that, go for a healthy snack to tide you over. A coffee, protein bar or some cut-up veggies with hummus are relatively low-calorie choices that will keep your hunger at bay.



## YOGA

Depending on the type of yoga you like to practise, chances are you'll need to fuel your body before you start moving, stretching and balancing. Stomach comfort is crucial; the last thing you want is the sound of your belly grumbling between "Oms" during class.

**What to eat before:** The perfect pre-yoga snack is something light, but also a source of readily available energy. This could be a piece of fruit, a slice of toast with spread, or a small wholegrain snack bar. These eats will get your blood pumping without giving you too much tummy stress.

**What to eat afterwards:** As yoga is unlikely to burn as many kilojoules as intense types of training, it's OK to wait until your next meal to refuel. Hydration is the most important thing to focus on after a yoga class, so drink a bottle of water after your practise has finished, and more if you do bikram yoga.



## RUNNING

Did you know running for 30 minutes, even at a moderate pace, burns at least 1,255 kilojoules (almost the equivalent of a healthy meal)? Running is one type of exercise where what you choose to eat before you start can significantly affect your gut comfort level.

**What to eat before:** Most people will need to down something an hour before a run and the key is to go for slowly digestible carbs and proteins that are light on the tummy. If it's been more than two hours since your last meal, snack on wholegrain crackers with cheese, or a slice of wholegrain bread with a peanut spread.

**What to eat afterwards:** If you're looking at more than an hour before your next meal, a small bite to eat will help your muscles recover in time for your next run. Protein-rich options include greek yoghurt with a serving of fruit or a small protein bar. ☑



Images Corbis, TPG/Click Photos.



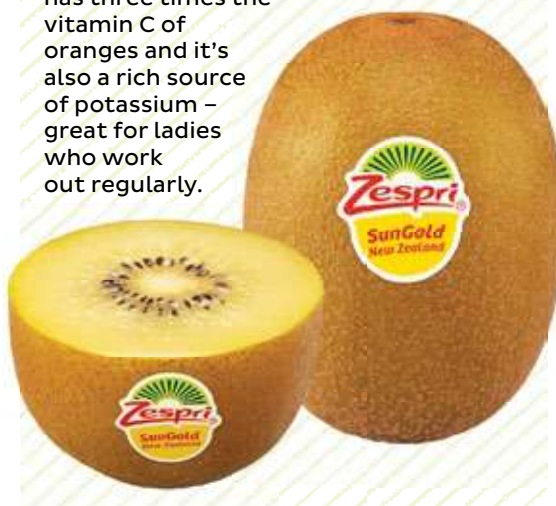
## Sweat-tee Feet

The rainy season is coming and you know what that means – sweater weather! Take the fun to your toes with New Balance's latest Fresh Foam Zante Sweatshirt kicks. These running shoes feature a sweatshirt textile on the forefoot and details like leather accents on the tongue and heels. Dashing looks aside, this series is engineered to be more form-fitting and lightweight, so your runs will be even more efficient. Not a runner? Doesn't matter. You can still rock these trendy kicks and complete your #sweaterweather OOTD.

The New Balance Fresh Foam Zante Sweatshirt collection retails for \$169 at all New Balance Experience, Limited Edt and Leftfoot stores.

## But First, a Kiwifruit

We've always known that having fruits for breakfast is a healthy way to start the day, but what's a good fruit to turn to? Apple? Boring. Orange? Too messy. So why not go for a kiwifruit? It's small and easy to eat – all you need is a spoon. Of course, it's also packed with nutrients! Each Zespri SunGold kiwifruit has three times the vitamin C of oranges and it's also a rich source of potassium – great for ladies who work out regularly.



## Sweet Relief

Coughs and colds can come at the most unexpected moments. Thankfully, there's a new way to soothe the unwelcome guest. Ricola's Natural Relief herb lozenges feature a liquid core that contains natural menthol as a key ingredient to help you feel better. Go for the Swiss Cherry lozenges to soothe your throat or the Honey-Lemon ones to maintain your voice. Either way, these lozenges are sure to give you a sweet moment on a down day.

Ricola Natural Relief lozenges retail for \$3.75 per box at all supermarkets, convenience stores and pharmacies.



## Bacon-flavoured Seaweed

Believe it or not, there is now a healthy substitute for our favourite artery-clogging goodness. Packed with protein, dulse is a type of red marine algae that tastes like bacon when fried, says researchers at the Oregon State University. Better yet, it's a rich source of minerals, vitamins and antioxidants – it's even said to contain twice the nutritional value of kale! So BRB while we try to get our hands on this magical seaweed – it's totally an answer to our prayers.





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This month, we're loving...

## Tom Hiddleston

Hollywood's sexiest bad boy is the reason we're counting down the days till *Crimson Peak*.

Not since Michelle Pfeiffer's Catwoman has anyone made it look so, so good to be bad... We may have been taught to love the hero and hate the villain, but thanks to a certain Cambridge-educated actor's genius for making bad guys sympathetic and relatable, we'll admit that half the time, we don't even really want Thor to save the world – we just want Loki to be happy, dammit.

So when it comes to Tom's upcoming turn as the malevolently mysterious Thomas Sharpe in Guillermo Del Toro's gothic romance *Crimson Peak*, let's just say that despite the movie's maximum creep factor, we'll still have only one thing on our minds – the highly teased “hard scenes” that earned the film its R rating. (Yes, we'll endure cinematic rivers of blood for a shirtless Tom Hiddleston.)

But in the end, perhaps the most winning thing about Tom Hiddleston is that in spite of his predilection for playing onscreen baddies, he's a real-life gent at heart, with a voice that makes reasonable, rational women want to swoon like feckless damsels in distress. Just put us out of our misery, Tom, and film an epic romantic drama that we can take to our graves.

Hottie alert!

**MORE THAN A MARVEL**  
Highlights from Tom's filmography you just can't miss.

**THE ART OF VILLAINY, JAGUAR**  
These short clips will (sort of) satisfy your craving for a quick dose of Tom.

**THE HOLLOW CROWN**  
Look no further than these Shakespearean productions for proof that this man can ACT.

**THE DEEP BLUE SEA**  
This love doesn't end well, but we'll take Tom as a tempting army officer any day.



# Sexy and Supernatural

We break down the movie and TV dreamboats who are (literally) hotter than hell.

Call it the lure of the forbidden, but despite all the warnings our mums gave us (or perhaps because of them), there is something eternally enticing about the supernatural. Is it their magical powers? Their eternal youth? Their animalistic appeal? Whatever it is, icy skin, uncontrollable tempers and even death isn't enough to keep us from coming back for more.

## VAMPIRES



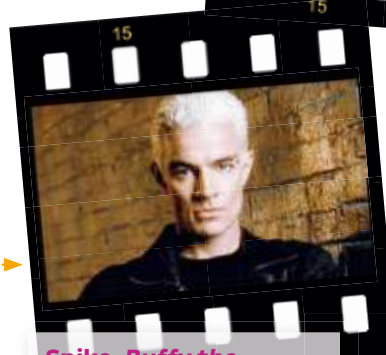
### Damon Salvatore, *The Vampire Diaries*

While he's had his moments of violence and downright villainy, we've also seen Damon in his tender moments of vulnerability. He is beautiful and he is flawed – may we have him, please?



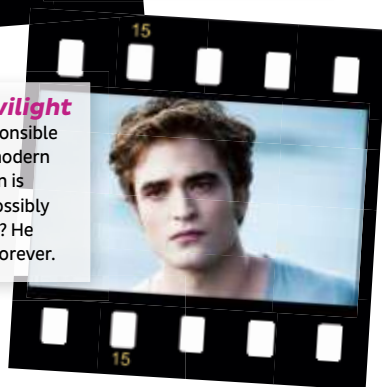
### Eric Northman, *True Blood*

In the cold-blooded sea of vampiric anti-heroes, Eric Northman emerges quite literally as its golden boy. But beyond the physical, we also find a dangerously complex character that happens to be a rather sexy mix of both good and bad.



### Spike, *Buffy the Vampire Slayer*

Over the course of seven seasons, we watched the smack-talking, peroxide-blond Spike morph into the best kind of bad boy there is – a reformed one. One for the ever-hopeful among us.



### Edward Cullen, *Twilight*

Perhaps the main man responsible for setting off a frenzy of modern vampire lust, Edward Cullen is dashing, brooding and impossibly good-hearted. The clincher? He loves with his entire soul. Forever.



### Count Dracula, *Dracula Untold*

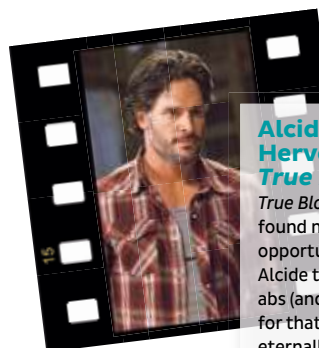
In this reinvented origin story of the most well-known vampire ever, Count Dracula (Luke Evans) sheds his charismatic evils and takes on the sheen of a gallant hero who becomes a vampire to save his empire. It all goes very well with the long, dark, wavy hair.



### David, *Underworld: Awakening*

Before he was Four, Theo James stepped into the action world as David, one of Selene's allies in the fourth instalment of this vampire franchise. But let's face it, we're more interested in his guns than his allegiances, and no, we're not talking about firepower.

# WEREWOLVES



## Alcide Herveaux, *True Blood*

*True Blood* has found many opportunities for Alcide to flaunt his abs (and more!). And for that, we are eternally thankful. After all, you can never have too much of this hunky packmaster.

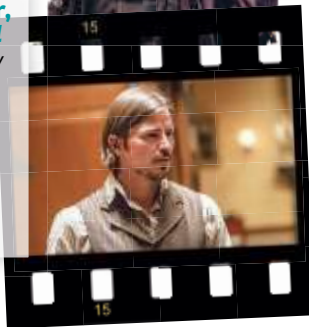


## Scott McCall, *Teen Wolf*

With his boyish smile, this teen wolf is very much a teen heartthrob. After making a Peter Parker-like transformation when he first becomes a werewolf, we're all about Scott and his pack. As in, six-pack.

## Ethan Chandler, *Penny Dreadful*

Our delight with *Penny Dreadful* is that it puts Josh Hartnett in the spotlight again, as a charming werewolf maneuvering the dark side of Victorian London. What a beast.

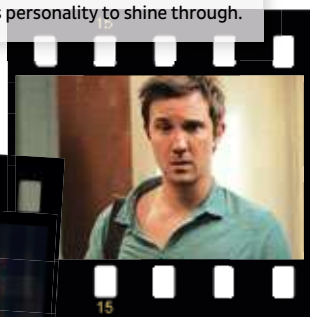


## Van Helsing, *Van Helsing*

As much as he owes his name to a fictional doctor, this cinematic Van Helsing is quite a different animal – literally. Hugh Jackman's Van Helsing is a gorgeous monster-hunter-turned-werewolf with flowy dark brown tresses that always look conditioned, no matter what.

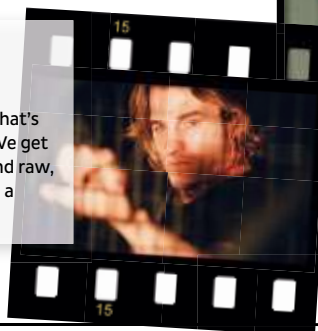
## Josh Levison, *Being Human*

If your taste veers towards goofy, rather than beefy, Josh Levison is the werewolf for you. Josh's werewolf lacks the ultra-masculinity that tends to define the creature in the realm of pop culture, but in a way that allows his personality to shine through.



## Michael Corvin, *Underworld*

Michael Corvin is technically a vampire-werewolf hybrid, but that's very much double the fantasy. We get the fatally attractive vampire and raw, primal appeal in one. Plus, being a werewolf = shirtlessness. Yum.



# ZOMBIES, WIZARDS AND OTHER MAGICAL BEINGS

## Magnus Bane, *The Mortal Instruments: City of Bones*

Taiwanese-born Godfrey Gao proved to be quite the swooning sensation as the High Warlock Magnus Bane. With his sharp cheekbones, strong chin and strategically guy-lined peepers, he was quite the picture of menacing cool.



## Sam Wheat, *Ghost*

Patrick Swayze and Demi Moore reached the pinnacle of trans-dimensional romance with *Ghost*. Sam Wheat cemented Patrick Swayze's place as a bona fide dreamboat and if you've seen the film (or the iconic pottery scene), you'll surely understand why.



## R, *Warm Bodies*

While most zombies we've known are of the decaying variant, R comes across as fresh-faced Undead Romeo. Single-handedly leading us through his post-apocalyptic world, R wins points for the most human portrayal of zombies we've ever seen.



## Joe Black, *Meet Joe Black*

When the Grim Reaper shows up as a young, all-American Brad Pitt, all we got to say is that he can take us to heaven any time.



## Harry Potter, *Harry Potter and the Deathly Hallows Pt. II*

He may not be your typical beefcake, but he's The Chosen One. And as Harry points out, that definitely counts for something.



## Dorian Gray, *Dorian Gray (2009)*

Ben Barnes is all chiselled perfection as Oscar Wilde's chilling, hedonistic narcissist. His soul might have been ugly, but his physique was most decidedly not.





Spotlight on

# Chvrches

*The Glaswegian band returns with a collection of happy(ish) songs to get you through sad times.*

With their danceable and hook-heavy synth-pop debut, 2013's *The Bones of What You Believe*, Chvrches won the world over. The last two years have seen them writing new material while juggling a heavy tour schedule – a necessary evil of musical success as we know it – and we can now finally savour the fruit of their creative labour. *Every Open Eye* is the Scottish trio's latest full-length offering, which promises lyrical defiance and “anti-love songs”. Leading the charge are “Get Away” and “Leave a Trace”, an electro-pop confection that frontwoman Lauren Mayberry has also described as “a middle finger mic-drop”. Conceived in Glasgow's Alucard Studios, the band's sophomore album further develops Chvrches' signature style, melting down the light and the dark, and the heavy and the weightless on a bed of melodic, chemical, electronic pop art.

*Every Open Eye* retails for \$16.98 on iTunes.



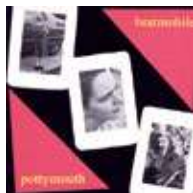
**Ginette Chittick shares the three Riot Grrrl albums that defined girl power for her.**

Ginette is a DJ and the vocalist/bassist of indie rock band Astreal. Find out more at [facebook.com/AstrealMusic](https://facebook.com/AstrealMusic).



## Bikini Kill PUSSY WHIPPED

No army can stop an idea whose time has come.” – Victor Hugo. Back in the '90s, that idea was Riot Grrrl, a punk rock third-wave feminist movement. I was part of an all-girl punk band, and when I heard the first growls of “Blood One”, I was sold.



## Bratmobile POTTYMOUTH

None of the band members knew how to play an instrument not long before the recording of this album, but that was what Riot Grrrl was about – encouraging girls to pick up instruments and make their own songs.



## Huggy Bear TAKING THE ROUGH WITH THE SMOOCH

Riot Grrrls were part of a worldwide girl gang. Across the pond was British Huggy Bear. Impossibly cool and, oh, that accent is super hot. The single “Her Jazz” is one of Riot Grrrl's brightest points, a full-on rage duet that takes no prisoners.



## TAME IMPALA – CURRENTS

With their third studio album, Tame Impala proves once again why they're one of the most impeccably unpredictable bands out there. Having established themselves in the field of psychedelic rock with both *Innerspeaker* and *Lonerism*, *Currents* marks a musical detour for the band, and sees them exploring the spheres of disco and delicious drips of electropop, resulting in a third record that's lavishly surprising and hardly ever disappointing.

*Currents* retails for \$12.98 on iTunes.

Images TPG/Click Photos, Ayla Aireka (Ginette Chittick), Universal Music Singapore Text QH Yeo.



# SOMERSBY. GET THAT WEEKEND FEELING ANY DAY



SOMERSBYSG



# ROLLING GOOD TIMES

Feeling the mid-week hump? Time to chill out and break out Somersby Apple and Pear Cider to capture that weekend feeling.



Also available at Crab in Da Bag outlets.



## NIGHT OUT

Sometimes, we work and study too hard for our own good. So when we finally get a chance to unwind with friends over great food, it only makes sense to treat yourself with a great drink, right? But instead of giving that "I've got work tomorrow" excuse and avoiding all alcoholic drinks (for shame!), Somersby Apple Cider is the only alcoholic drink to bust out. It's refreshing enough to invigorate our senses and energise us for the night, yet still packs a punch with its 4.5% alcohol content. Hump day? Not us!

## FEAST FOR KINGS

A chill weekend doesn't have to mean lazing at home – you need good drinks, food and company to maximise your days off. Long brunches that involve catching up with old friends are always welcome. And when one hour turns into four, there's no better company than Somersby Cider. The cool, crisp taste of juicy fresh apples and pear quenches your thirst, and adds just enough natural sweetness to your conversation, making it the perfect accompaniment for a catch-up session. Three's a crowd? Not with Somersby by your side.

## SAY HELLO TO BLACKBERRY

Brace yourself for a sweet sensation with new Somersby Blackberry!

The taste of juicy apples and pears might be the constant companion to your good times, but there's always space for new friends. The new Somersby Blackberry flavour is out for a limited time only, so make sure you leave a space at the table for this fresh and fruity drink. It combines the delicious taste of berry goodness with 4.5% alcohol, making it the perfect pick-me-up for any occasion.

Somersby Blackberry is only available at leading 7 Eleven, Fairprice, Cold Storage and Giant outlets.



ENJOY SOMERSBY CIDER FROM THE FOLLOWING STORES AND SUPERMARKETS:

FairPrice *finest*

 Cold Storage  
The fresh food people

 Giant  
BIG SAVINGS. GREAT VALUE

 Cheers

 7 ELEVEN

# Shock-tober Specials

The spookfest that is Halloween is nigh and we're prescribing these four movies to give you the heebie-jeebies. Get involved.

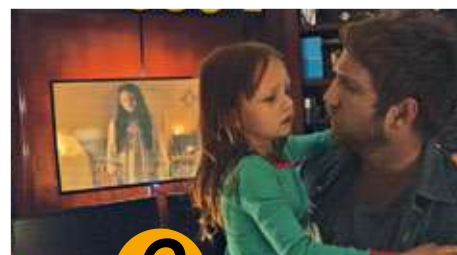


1

## Crimson Peak

Perhaps the crown jewel of this horror season, *Crimson Peak* has director Guillermo del Toro (*Pan's Labyrinth*) at its helm. The film follows Edith (Mia Wasikowska) as she is courted by Sir Thomas Sharpe (Tom Hiddleston). As his new bride, she follows him to his ancestral home, the titular *Crimson Peak* – a crumbling mansion atop a mountain of blood-red clay. What happens next is a mystery, but rest assured that del Toro's riddles will always be a delight to unravel.

*Crimson Peak* opens October 15.

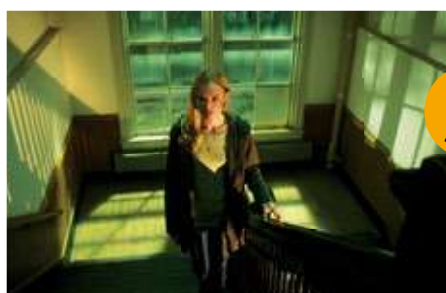


2

## Paranormal Activity: The Ghost Dimension

The sixth and final offering from the *Paranormal Activity* franchise sees us following a young family as they move into their new home. As is to be expected, their dream quickly turns into a nightmare as paranormal powers take hold, putting their lives in danger and yours in a state of cinematically-induced panic. Don't forget to keep a good grip on the popcorn bucket for this one.

*Paranormal Activity: The Ghost Dimension* opens October 22.



3

## Before I Wake

Eight-year-old Cody doesn't like to go to bed at night, and it isn't because he's pushing for more play time. In this heart-stopping thriller, we delve deep into the night terrors of a little boy as they all manifest in real life, unleashing a string of horrific episodes for those who keep awake as he sleeps.

*Before I Wake* opens October 8.

## Goosebumps

If you grew up in the '90s, you're probably familiar with R. L. Stine's *Goosebumps* book series, responsible for dishing out introductory scares to kids the world over. The movie is an adventure-comedy-monster mash-up, much like the well-loved books. Starring Jack Black as the author R. L. Stine, the film involves all manners of monstrosity that the writer has created and locked away in his books, setting us off on a path of nostalgic peril.

*Goosebumps* opens October 29.

4



## The Lighter Side

Had enough of gore and horror? Stick to a diet of Kardashian-fueled drama and cop comedies to keep the nightmares away.

### DASH DOLLS

This latest Kardashian spin-off shines the spotlight on the fabulous young Hollywoodites who work for the famous sisters in their upscale D-A-S-H boutiques, allowing you to turn a voyeuristic eye on them as they navigate the treacherous drama of everyday life. Sign us up for a guilty pleasure, please!

*Dash Dolls* premieres on Tuesday, September 22, at 10pm on E! (Starhub TV Ch 441).



### BROOKLYN NINE-NINE SEASON 3

From the producers of *Parks & Recreation* come this sleeper hit that's proven to be quite an inventive take on the cop comedy genre. The award-winning series returns for a third season with Jake Peralta and Ray Holt back in the 99th Precinct – expect humour and handcuffs.

*Brooklyn Nine-Nine* premieres on Tuesday, September 29, at 7.55am (with a same-day encore telecast at 8.55pm) on Diva (Starhub TV Ch 513).





Editor's pick!

# LITTLE GIRLS

A Ghost Story

## LITTLE GIRLS

Ronald Malfi

After her cold and distant father passed away, Laurie returned to her old home to find the past creeping up on her. The last room her father was in before he died happened to be the same room he forbade Laurie to enter. What's more, her daughter's new playmate eerily resembles the girl who died next door. As she digs up old photographs and trinkets, Laurie can't help but wonder if she's losing her mind or if there's something sinister lurking around the little girls.

Horri-fics

Don't miss these!



## Cirque du Soleil – Totem

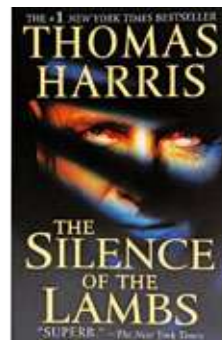
Cirque du Soleil is back and this time, their latest show traces humankind's journey from the original amphibian state to the quest for flight. Lauded by critics, the *Totem* show features a cast of close to 50, and you can expect acrobats flying across the air, agile foot jugglers, hoop dancers and a thrilling hand balancing act. Get ready for one magical night!

Cirque Du Soleil – Totem takes place from October 28 to November 22, 2015 at the Big Top tent next to Marina Bay Sands.

## Oktoberfest Asia

Expect beer, food and plenty of fun at this year's Oktoberfest Asia! This year, a ticket will get you an endless amount of eight German beers and gourmet German food from 6pm to 9pm. What's more, you'll even get a complimentary Oktoberfest Asia stein mug as a souvenir. Early bird tickets are \$88 – snap them up before they're gone!

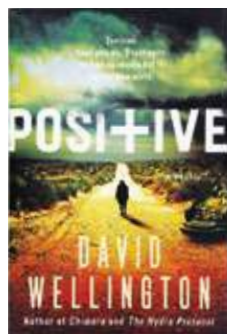
Oktoberfest Asia takes place from October 8 to 10, 2015 at Marina at Keppel Bay.



## THE SILENCE OF THE LAMBS

Thomas Harris

It's usually easy to hate on the villain, but it's almost impossible to resist the charms of Hannibal "The Cannibal" Lecter. In the second book of the iconic series, FBI trainee Clarice Starling reluctantly teams up with Lecter to catch a serial killer. But as the two bond, Clarice can't figure out if she can trust him. While it was adapted into an Oscar-winning movie, we think this tour de force of dread and suspense is still worth a read.



## POSITIVE

David Wellington

A plague has turned 99 percent of the population in Finn's world into infectious zombies, and Finn is shipped off to a camp of other potential carriers like him. Soon after, they're attacked and Finn finds himself stranded in a place where the human outcasts are as ferocious as the zombies. Like *The Walking Dead*, this book explores the dark side of humanity, and is a must-read for those who can't get enough of zombies.



Images: OSA Images Still-life Photography Nyen Text: Ashlyn Wong.



# October

Spooks, runs, concerts – it sure looks like the month of Halloween is going to be a whirlwind of activities.

## 2

Prep your lungs for another round of screams at **Universal Studios Singapore's Halloween Horror Nights 5.**

Get your fill of fright with four haunted houses and three scare zones.

## 3

Head to the Marina Bay Event Square to walk with survivors, fighters and supporters of breast cancer at the **Pink Ribbon Walk 2015** and listen to their inspirational stories.

## 20

Trapped between worlds of the living and the dead, Sam learns that Molly is in danger and tries to communicate with her to save her life. Catch **Ghost The Musical** at the MasterCard Theatres at Marina Bay Sands to see how it all ends.

## 17

Have you always dreamed of overcoming obstacles like a trained soldier? The **Commando Challenge** is back! Held at Sentosa Island, bring along your winning attitude to bag those achievements.

## 24

We love their shoes and what better time to put them to good use than at the **New Balance Run On Singapore**? Held in Singapore for the first time ever, lace up your trainers as you jog around the east side of Gardens by the Bay.

## 30

Celebrate the achievements of the best women tennis players in the world at the MasterCard Theatres at Marina Bay Sands with a concert performance by Paloma Faith. Filled with glitz and glamour, the **Singapore Tennis Evening** allows you to bask in the British singer's soulful vocals.

## 23

National Day may be over, but you can be sure that the jubilee celebrations are still going strong. This month, the **Singapore River Festival** offers an exciting line-up along Clarke Quay, Boat Quay and Robertson Quay, including an explosive performance by Spanish theatre group La Fura dels Baus!



# Stellar Camera



The first thing most of us ask when we're looking for a new smartphone is, "How does it look?". The next question is, "Is the camera any good?". The LG G4 is a gorgeous, leather-backed smartphone with top-of-the-line specs. And it doesn't have a good camera... it has a great one. The 16-megapixel camera boasts a larger image sensor than most smartphones in its class. It also gives you manual control over key settings like the shutter, aperture and ISO. The result? Truly stunning photos. And if you're a selfie queen, you'll love the selfie mode with its gesture function - just wave and the camera snaps a picture! And if you're in a dark place, activate the Front Flash mode and a bright white border on the screen will illuminate your face. How cool is that?

LG G4 retails for \$998 (with genuine leather backing) and \$928 (with metallic finish) at all LG stores and leading Telco stores.



## Flash Forward

The enemy of every shutterbug is low light. When it's too dark, every shot will turn out to be a grainy mess, even if you use your smartphone's sorry excuse for a flash. ASUS feels your pain, and that's why it's introduced a duo of add-on flashes. The first is the ZenFlash, which is 400 times(!) brighter than the typical LED flash you'd find on most smartphones. The results are great, but sadly, it's only compatible with the recently-launched ASUS Zenfone 2. On the bright side (hah!), the Lolliflash works with all phones. This lollipop-shaped dual-tone LED torch handily plugs into your phone's headphone jack, and stays lit until you turn it off, so you can snap dozens of vivid selfies in a row. It also comes with three color filters - red, yellow and blue - that double as protective covers. Hitting the club? These flashes will come in handy!

The ASUS ZenFlash, \$24.90, and Lolliflash, \$14.90, are available at ASUS Brand Stores, ASUS Online Store and Challenger.

## App Review:

# LINE Bubble 2



Two billion: that's the approximate number of stickers that LINE users send to each other daily. If you count yourself in this staggering figure and can't get enough of Cony, Brown, Leonard and the rest of the gang, LINE Bubble 2 is the app to get.

In this super cute puzzle game, you play Cony, who's on a quest to rescue the love of her life, Brown. Armed with animal-shaped bubbles, the aim of the game is to lob them at matching bubbles - connect three or more of the same ones and you'll pop them. It's game over when the bubbles reach the bottom of the screen, so you'll need quick reflexes to save your beloved bear. Thankfully, you can rope in your LINE friends to help you out. Super addictive!

LINE Bubble 2 is available for free at the Google Play and Apple App Store.

**40,000**  
THE NUMBER OF  
STICKERS AVAILABLE  
FOR LINE USERS.

Text: Syafii Ghazali, Natalie Pang.

# Flake off!

*What's better than a soft, flaky croissant? One that's served with to-die-for fillings.*

A freshly-baked croissant is good enough to eat on its own, but a little filling goes a long way – especially when they're as mouth-watering as those offered at Tiong Bahru Bakery during lunchtime. Eschewing the boring ol' egg mayo and tuna options you'd find at your typical french bakery, their savoury croissants come with inspired, super yummy fillings. Here's the low-down on the four fillings on offer.

**1 FLYING PIG** A lupcheong-style spicy pork sausage roll baked in a layer of caramelised onion jam topped with a light miso dressing. The tanginess of the onion jam perfectly complements the spiciness of the sausage roll.

**2 RUNNING EGG** A runny ramen egg garnished with bonito and

Japanese chilli flakes that's bursting with umami flavour.

**3 ROLLING DUMPLING** Xiaolongbao fans will definitely fall in love with this decadant offering of succulent minced pork topped with fresh chives, black vinegar and zesty

pickled ginger. Super yums!

**4 JUMPING FISH** Smoked salmon with spinach and ricotta – sounds boring next to the rest, but you can't go wrong with this classic combo.



Tiong Bahru Bakery is at 56 Eng Hoon Street, #B1-11/12 Raffles City Shopping Centre and #01-16B TANGS Orchard. The croissants are available from 11.30am to 3pm and cost \$4.50 each.

## Filling It

From Banh Mi to BLT, the humble sandwich has come a long way. We zoom in on two of our fave local sandwich joints.

### ← Park Bench Deli

The pop-up faves have set up base at Telok Ayer, where they're serving up hot favourites like the Fried Chicken Sandwich, which features tender chicken thighs cooked sous vide before being battered and deep fried. Yum. Also try the Kong Bak Banh Mi, which pairs 24-hour braised meat with homemade pickles. Messy, but totally worth it.

Park Bench Deli is at 179 Telok Ayer Street. Tel: 6815 4600

### → Smor

Scandinavians are known to be fuss-free – so it's no surprise that their food reflects that. At Smor, the open-faced sandwiches are light on the ingredients but big on taste. The Hand-Peeled Norwegian Shrimp is served with lemon mayonnaise and a sprinkling of chives – simple, but so satisfying.

Smor is at #B1-23 1 Raffles Place. Tel: 9430 1500







Chishang, where you'll find the iconic Takeshi Kaneshiro Tree.



## Three Surprising Things About

# Taitung

*Natalie Pang travels to Taitung, where she experiences the lush greenery, blue seas and vast skies all in four days.*

Taitung isn't on many people's "must-visit" list when they're planning a trip to Taiwan. But my four days there were so jam-packed with activities that not only did I get an enviable beach tan, I also managed to take scenic pictures that upped my Instagram cred by quite a bit. So the next time you're in Taiwan, consider skipping the eating and shopping sprees and indulge in the slow life of Taitung. Need more convincing? Here are three reasons why Taitung's worth checking out.

**#1 It has a tree named after Takeshi Kaneshiro**  
Taiwan's very proud of

this half-Japanese, half-Taiwanese heartthrob. And when EVA Air filmed a commercial with Takeshi sitting pensively by a tree surrounded by lush paddy fields and majestic mountains, fans set out to find the exact location. While its association with Takeshi is largely the reason why the tree has gained so much popularity, the breathtaking location at Brown Avenue in the Chishang Township also played a part. Whether you're taking a leisurely walk or cruising down the road on a rented bike, you'll get to see townsfolk harvesting the endless fields under a perfect blue sky.

Don't worry about getting lost – there are tons of huge signs that literally

say "Takeshi Kaneshiro Tree", so you won't have any trouble finding it.

**#2 There's more than one way to get a panoramic view of Taitung**

Besides hiking up one of Taitung's many mountains to get a good view of the county, you can also run off one! Thanks to its flat lands and strong, predictable winds, paragliding is a great way to get a stunning bird's-eye view of Taitung.

For a less daunting way to get the same view, you only have to wake up early. We're talking 4am, but that's a small price to pay to catch the sunrise from a hot air balloon.

Paragliding  
off Luye  
Gaotai!



It's a slow life here in Taitung.

Hang loose!



Whether it's paragliding or hot air ballooning, Luye Gaotai is the place to be to get a taste of the "high life".

### #3 The oceans are perfect for surfing (and sightseeing)

People usually think of Hawaii and Australia when it comes to surfing, but Taitung's quiet, tourist-free beaches are the perfect destination if you want to learn how to surf – because there's just no graceful way to fall when you're learning how to just stand on the surfboard. Taitung

faces the Pacific Ocean, so the county gets great waves that swell up to an impressive 3m – something you don't get to see in Singapore. And speaking of things rarely seen, there's also plenty of beautiful, bronzed eye-candy along the beaches and surf shops (ahem). And, no, they're not just casual surfers hoping to catch a tan – they're the flips-in-the-water kind of experts. No one can accuse you of ogling when you're just picking up tips, right?

Surfing classes are available at Taitung Surf Shop and Hostel (No. 182 South Donghe, Donghe Village, Taitung). **C**

For the best view of Taitung, we suggest going airborne.

## Travelling to Taiwan KAWAII-STYLE

There's no better way to travel than the Hello Kitty way.

When the EVA Air Hello Kitty flight from Singapore to Taipei was announced, we were curious what the fuss was all about. I mean, it's just a normal plane with a Hello Kitty design on the exterior, right? Well, we were pleasantly surprised to find out it's a lot more than that. Just about everything about the plane has been given the Hello Kitty treatment – from the seat cushions and toilet paper to the utensils and meals! Hello Kitty fan? This is one experience you won't want to miss.

The EVA Air Hello Kitty flights from Singapore to Taipei only run on Wednesdays, Fridays and Sundays. Head to [evaair.com.sg](http://evaair.com.sg) for more information.



An in-flight meal that looks too good to eat!





# HOROSCOPES

## Libra SEP 23 – OCT 22

It might have felt like everyone had it in for you last month, but the good news is things will be at peace now – especially at work. And if you're still with your main squeeze, chances are the both of you really share a special something. Welcome a new start with **SILKYGIRL Exotic Flowers EDT, \$12.90.**



## Scorpio OCT 23 – NOV 22

There's a chance you'll find yourself pining over past loves. While it's nothing to be ashamed of, contacting your blast from the past may not be the best idea. We suggest swiping on **SILKYGIRL Matte Fever Lipcolor Balm, \$13.90,** for a killer pout to look for someone new.



## Sagittarius NOV 23 – DEC 20

Girl, no one will be able to stop your productive streak at the workplace! But the same can't be said about your love life, and you might have a boring one if you're not with a sign who can provide some fun. Change up your hair colour with the **SILKYGIRL ColorShine Haircolor in #42 Crimson Cherry, \$9.90,** to add a breath of fresh air to the month.



## Capricorn DEC 21 – JAN 19

If you're a Capricorn who's into electronics, you're in luck. You'll be an expert in finding great deals with anything battery-operated. Even if you're not, don't be surprised if you find yourself getting a new kick-ass gadget at a ridiculously low price! Open up your eyes with **SILKYGIRL Lash Prism Waterproof Mascara, \$11.90,** to spot those great deals.



## Aquarius JAN 20 – FEB 18

Single Aquarians, listen up! Finding that special someone will be smooth sailing this month so take advantage of it. You'll want to look your best while on the hunt, so splash on manis or swap your usual haircut for a new one at a high-end salon. Spritz on **SILKYGIRL SweetHeart Always EDT, \$11.90,** and you'll snag him, for sure!



## Pisces FEB 19 – MAR 20

You should avoid stressful situations this month as it might elevate your blood pressure. Expect more difficulties in the workplace. Click on **SILKYGIRL Limited Edition Moisture Rich Lipcolor, \$11.90,** for a much-needed pick-me-up, and you'll be on top of things.



## Aries MAR 21 – APR 19

Did you feel extra lethargic last month? Worry not; you'll return to your usual energetic self this month. You'll also be glad to know that romantic connections will be a lot easier this month, and it'll stay this way till the end of the year. Make this already good year a great one with the **SILKYGIRL Shimmer Duo Blusher, \$13.90.**



## Taurus APR 20 – MAY 20

Think about the kind of love that leaves you all gooey, warm and safe. That's what you'll be feeling this October, and especially so if you're in a relationship. It also helps that you'll be feeling mentally and physically free as you've got a clear and healthy outlook on life. Use the **SILKYGIRL ColorShine Haircolor in #53 Golden Honey, \$9.90,** for brighter days ahead!



## Gemini MAY 21 – JUN 20

You might find yourself struggling to communicate with your colleagues this month. Communication problems could develop into something worse if you blow your top, so keep your temper under control. Get bright nail colours with **SILKYGIRL Ever Glossy Nail Colour, \$3.90,** to remind yourself to stay cheery.



## Cancer JUN 21 – JUL 20

Your luck in your work life will take a turn for the better this month. The best part? The rest of 2015 will be just as great! It'll also be a great time to get creative as you'll be more optimistic. Stay flawless with **SILKYGIRL Hydra White 2-Way Foundation, \$16.90,** to complement this already-great month.



## Leo JUL 21 – AUG 21

Money woes? None for Leos. What's more, expect more opportunities to increase your income and help you save up for that vacation you've always wanted. But watch what you say in the office – while you may have a way with words, your sharp tongue might get you in trouble in the office. Go for sharp, lined eyes instead with **SILKYGIRL Limited Edition Perfect Stay 20HR Eyeliner, \$8.90.**



## Virgo AUG 22 – SEP 22

Jump back onto the horse; it's time for a relationship with plenty of potential for growth. With a higher energy level this month, you'll be able to accomplish even more. Keep yourself occupied to prevent yourself from feeling restless. Dye your hair with **SILKYGIRL ColorShine Haircolor in #32 Hot Cocoa, \$9.90,** if you feel like trying something new.



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# Here it goes... Ready, Steady, Shop!



## Picture Perfect

If you've always wanted to look flawless in photos, you'll definitely be a huge fan of Kryolan's TV Paint Stick. Available in a wide range of shades, you're sure to find that one true match for your skin tone. The gorgeous cream-based foundation offers effective coverage and gentle application at the same time. You'll also love its packaging – it resembles a blunt crayon, which makes touching up oh-so-easy. Get ready to ditch those photo filters!

The Kryolan TV Paint Stick retails for \$46 at Cosmoprof Academy.

## Simple Solution

If you didn't manage to prevent that horrid little zit from popping up, don't fret. Simple's Spotless Skin Rapid Action Spot Zapper will clear it up for you in just four hours! With zinc, chamomile, witch hazel and lavender, it absorbs

excess oils, soothes and calms irritated skin. It even tones and tightens after zapping the zit away! The handy roll-on applicator lets you spot treat for higher accuracy to effectively get rid of your angry spots once and for all. Say bye to troubled skin!

The Simple Spotless Skin Rapid Action Spot Zapper retails for \$23.90 at selected Guardian and Watsons stores.



## Naturally Strong Strands

Hair loss may not be a problem for you now, but we say prevention is always better than cure. Let Bio-T's Scalp Hair Essential Tonic groom and condition your mane so you won't have to worry about falling strands anytime soon. This tonic strengthens your hair roots and promotes blood circulation with Panax Ginseng Extract that'll help boost your hair's regrowth rate, so you end up with fuller and stronger locks.



The Bio-T Scalp Hair Essential Tonic retails for \$79 at Venus Beauty Stores.



## 360 Shopping Experience

Striving to provide reputable products for both men and women, STARTHREESIXTY has made it possible to get our favourite brands like Birkenstock, Heelys and Nike in Singapore. Determined to alter the streetwear scene, they're a one-stop-shop for highly coveted sneakers, apparels, bags and accessories. So go ahead and head to this shopping mecca for street fashion that will earn you major street cred.

STARTHREESIXTY is at Paragon and Wheelock.



## Fresh off the Bag

Welcome the third quarter of the year with Carlo Rino's new pieces. Just like falling into a dream, their bags are bright and quirky, so you'll give off a youthful and refreshing vibe while carrying them by your side. Simple yet adorable, they're the perfect bags to store all your daily essentials. What's more, you won't have to worry about looking outdated with these timeless designs.

Carlo Rino bags retail at their boutiques at Plaza Singapura and Bedok Mall, and department stores at BHG Bugis, TANGS Orchard, TANGS VivoCity and Metro Paragon.

## V Good Care

Don't feel self-conscious if your feminine bits seem dark because it can defo be reversed! It may be caused by sweat or excessive friction from tight clothes, and Lactacyd's White Intimate can help to restore it back to its original tone. You can also pamper the skin around your V with Lactacyd's Revitalize, which contains vitamin E and collagen to help enhance your skin's softness and firmness.

Head to [lactacyd.com.sg](http://lactacyd.com.sg) for more information.



## Tiny but Mighty

Who knew something so small could be so good for your hair? Botanical seed oils may not seem like much, but they're filled with nutrients that'll keep your mane looking good. Replacing silicon with broccoli seed oil, Eruca Moist & Repair Shampoo and Treatment will keep your strands silky soft the natural way. What's more marula oil and argan oil help to retain the moisture in your hair, so you can be sure your tresses are kept healthy and hydrated.

The Eruca Moist & Repair Shampoo and Eruca Moist & Repair Treatment retail for \$18.90 at all Guardian Health & Beauty stores.



## Out, Damn Spot!

Dealing with breakouts is probably one of the fastest ways to send your confidence plummeting, especially if it happens right before an important event! Thankfully, Eucerin Makeup &

Acne Cleansing Water helps to keep those dreaded breakouts at bay. Simply wipe down with a cotton pad and feel your skin turn soft and supple. A cleanser, toner and makeup remover all in one, it's our go-to for spot-free skin.

The Eucerin DermoPURIFYER Makeup & Acne Cleansing Water (200ml) retails for \$27.90 at all leading pharmacies, Guardian, Watsons, Unity, hospital retail pharmacies and National Skin Centre.



## Nature's Gift

Not only do bionutrients promote skin health and resilience, they also support the skin's functions naturally. And that's exactly what Neutrogena is aiming for with its Naturals range. Start with the Fresh Cleansing Make Up Remover, which has Peruvian Tara seed bionutrient to soften your skin naturally, then follow up with the Purifying Facial Cleanser or the Purifying Pore Scrub, which penetrates deep into your skin to detoxify and remove dirt, oil and makeup without clogging your pores. With jojoba beads that wash away your dead skin cells in the Purifying Pore Scrub, you'll be sure to have smoother and softer skin in no time.

The Neutrogena® Naturals Fresh Cleansing Make Up Remover (177ml), Neutrogena® Naturals Purifying Facial Cleanser (177ml) and Neutrogena® Naturals Purifying Pore Scrub (118ml) retail for \$21.90, \$19.90 and \$20.90 respectively at all Guardian and Watsons stores.



## Silky Smooth

You can use makeup to cover a breakout, but it's way more difficult to hide a bad hair day. Well, here's a solution! Try the Sunsilk Instant Damage Reconstruction Cream to reduce frizz and hydrate your strands. Got an unruly mane? Try the Sunsilk Smooth and Manageable Instant Smoothing Cream to make your tresses listen to you.

The Sunsilk Smooth and Manageable Instant Smoothing Cream and Instant Damage Reconstruction Cream retails for \$5.90 each.



## A Juice Buzz

We're always looking for ways to unwind after a long day, so a drink that takes the edge off without going overboard sounds absolutely perfect. Refreshing and sweet, the Somersby Pear Cider gives you that extra happiness without any artificial colouring, flavours or sweeteners. The 4.5 percent alcohol content means you'll get enough of a high without the much-dreaded morning-after hangover!

The Somersby Pear Cider retails for \$4.50 per bottle at supermarkets. Prices in bars may vary. Available at all supermarkets and selected bars and restaurants.



## Happy Feet

Look no further for a shoe that you can slip on seconds before leaving home. Patrick has arrived on our shores and we're loving these classics that are perfect for those with an eye for fashion and comfort. With its double stripes and subtle flair, pair them with your outfits to ace that smart-yet-sporty look. Mixing materials like mesh, plush leather or suede uppers, you're sure you'll find one for any occasion!

Patrick shoes retail at all STARHREESIXTY stores.







# Shop it!

**ABC ACTUALLY.** #03-18 Orchard Gateway.

**ADIDAS.** #02-30/32 Novena Square, #01-323 Suntec City Mall, #01-09 Pacific Plaza, #03-01 Cathay Cineleisure Orchard, #02-03 112 Katong, #02-42/43 Parkway Parade, #01-123 IMM Building, #04-35 Paragon, #02-06/08 The Cathay, #01-38/40 #02-74/76 VivoCity, #B1-25/27 Citylink Mall, #02-30/32 Velocity, #02-10/11 Bugis+, #B1-53 & B2-15 The Shoppes at Marina Bay Sands, #01-43/44 Tampines 1, #02-35 Changi City Point and #01-34 #03-34 Jem.

**AGNÈS B.** ION Orchard, Shaw House Isetan, Takashimaya, Wisma Atria Isetan and Raffles City.

**ALDO.** #01-07 Raffles City, #01-192 VivoCity, #B2-2 ION Orchard, #03-10 Paragon, #01-08/09 Tampines Mall, #01-34/36 Wisma Atria, #01-31 Plaza Singapura, #02-40 313@Somerset, #01-01/02 Junction 8, #01-39/40 Bugis Junction, #01-40A Westgate and Takashimaya Shopping Centre.

**AMERICAN EAGLE OUTFITTERS.** #B1-06/07 VivoCity.

**AMERICAN VINTAGE.** #03-13B Takashimaya Shopping Centre.

**ASUS.** #03-07 Funan DigitalLife Mall, #02-216A VivoCity and #01-52 Sim Lim Square.

**BAG BOX.** #02-28 JCube.

**BATA.** Batatennis.com.sg.

**BERSHKA.** #B2-09-11 ION Orchard, #01-58-63 VivoCity, #02-304A Marina Square Shopping Mall and #02-20/21 Bugis+.

**BIMBA Y LOLA.** #B1-22 ION Orchard, #01-03 Mandarin Gallery, B2-100A Marina Bay Sands and #01-140 VivoCity.

**BIOtherm.** BHG Bugis, #B3-47 ION Orchard, Isetan (Katong, Scotts and Tampines), Metro (Causeway and Paragon), Robinsons (Jem, Orchard and Raffles City) and TANGS (Tang Plaza and VivoCity).

**BIRKENSTOCK.** #03-10 Wheelock Place, #02-15 Tanglin Mall, #03-01A The Centrepoint and #B1-56 The Shoppes at Marina Bay Sands.

**BLACK CHAMBER.** #02-04A Cathay Cineleisure Orchard.

**BOBBI BROWN.** #B2-45 ION Orchard, Isetan (Scotts and Parkway Parade), Robinsons (Centrepoint and Raffles City), Takashimaya D.S., #01-28 Tampines Mall, and TANGS VivoCity.

**BOSSINI.** #B1-27/28 Ang Mo Kio Hub, #01-691 Bedok Central, #01-20 Bedok Mall, #01-51 Parco Bugis Junction, #02-38/39 Bukit Panjang Plaza, #01-20 Causeway Point, #01-29 Changi City Point, #02-14 City Square Mall, #01-20 Compass Point, #01-45/46 Harbourfront Centre, #02-01 Hougang Mall,

#01-67 IMM Building, #02-49/50 Jem, #01-18/19/20 Jurong Point, #01-23 Lot 1 Shopper Mall, #B1-04/05 Lucky Plaza, #02-29/30 Northpoint Shopping Centre, #01-32/33 OneKM, #01-47 to 52 Parkway Parade, #02-04 Plaza Singapura, #02-08 Sembawang Shopping Centre, #B2-39 Ngee Ann City, #02-06/07/08 Tampines Mall, #01-30 The Centrepoint, #03-10 The Clementi Mall, and #01-560 Blk 190 Toa Payoh Lorong 6.

**BURBERRY BEAUTY.** Sephora and TANGS at Tang Plaza.

**CARLO RINO.** BHG Bugis, TANGS Orchard, TANGS VivoCity, Metro Paragon, #02-10 Plaza Singapura, and #01-62 Bedok Mall.

**CHANEL.** BHG Bugis, #B2-43 ION Orchard, Isetan (Katong, Scotts, Serangoon and Tampines), Metro Paragon, #B1-134 The Shoppes at Marina Bay Sands, Robinsons (The Heeren and Raffles City), Takashimaya S.C., TANGS (Tang Plaza and VivoCity).

**CHOIES.** Choies.com

**CLARINS.** BHG Bugis, Clarins Skin Spa at Wheelock Place, Isetan (Katong, Scotts, Serangoon Central and Tampines), Metro (Paragon, Seng Kang and Woodlands), Robinsons (Orchard, Jem and Raffles City), Tangs (Orchard and VivoCity) and Takashimaya S.C.

**CLARKS.** #B2-86 Bayfront Avenue, #01-54 Harbourfront Centre, #01-115 IMM, PSC Building, #02-22 Suntec City Mall, and #B2-22 ION Orchard.

**CLE DE PEAU BEAUTE.** Takashimaya D.S. and Tangs Orchard.

**CLINIQUE.** BHG Bugis, Causeway Point, Isetan (Katong, Nex, Scotts and Tampines), Metro (Paragon and Sengkang), Robinsons (Jem, The Heeren and Raffles City), Takashimaya D.S., and TANGS (Tang Plaza and VivoCity).

**CLIO.** Selected Watsons stores at Bugis Junction, Compass Point, IMM, Ngee Ann City, Parkway Parade and VivoCity.

**CLUB 21b.** #01-07/08/09 Forum The Shopping Mall.

**COACH.** #01-11 Paragon, Level 1 Takashimaya D.S., #01-35 Raffles City Shopping Centre, Level 1 Isetan Scotts Department Store, #B2-40 The Shoppes at Marina Bay Sands, #01-195/196 VivoCity and #02-19/27 Wisma Atria.

**CONVERSE.** #02-19/20 Compass Point Shopping Centre, #02-19 Parco Bugis Junction, #03-03/04 Orchard Central, #02-22/23 Jurong Point Shopping Centre, #02-12 Causeway Point Shopping Centre, #02-59 VivoCity, #B3-57 ION Orchard, #03-47 Jem, #01-11 Nex, #02-13 Junction

8, #01-57 Queensway, #02-22 Tampines Mall and #02-13 Lot One Shoppers' Mall.

**DEF DAYLONG.** Selected pharmacies.

**DR.MARTENS.** #03-05 Orchard Central and #02-17A Wheelock Place.

**ECLECTICISM + LAUREN JASMINE.** #01-07 Wisma Atria, and #B1-06 Wheelock Place.

**ELIZABETH ARDEN.** OG (Albert Complex and People's Park), Metro Paragon, Robinsons (Centrepoint and Raffles City) and Takashimaya D.S.

**ESTÉE LAUDER.** BHG Bugis, Isetan (Parkway Parade, Scotts, Serangoon Nex and Tampines), Metro (City Square, Paragon and Causeway Point), OG People's Park, Robinsons (The Heeren and Raffles City), Takashimaya and TANGS (Tang Plaza and VivoCity).

**ETUDE HOUSE.** #B2-30 313@Somerset, #01-87/88 Bedok Mall, #B01-K02 Causeway Point, #01-12 Chinatown Point, #03-34 Clementi Mall, #02-44 Jem, #01-48 Junction 8, #01-57/58 Jurong Point, #01-19 Lot One, #01-63 Nex, #01-23B Parkway Parade, #B1-26 Plaza Singapura, #02-601/601A Suntec City Mall, #01-15 Tampines1, #01-K3 VivoCity, and #B1-20/21/22 Wisma Atria.

**FOLLI FOLLIE.** #02-27 Mandarin Gallery, #04-03A Valley Point Office Tower, #01 Isetan Scotts, and #01 Takashimaya D.S..

**FOREVER21.** #01-16, #02-16, #03-16 313@Somerset, #01-71 VivoCity, #B1-01 Orchard Exchange and #01-02 / 59 Kallang Wave Mall.

**GHI G2000.** #01-24/26 Compass Point Mall, #B4-26 ION Orchard, #02-30 Causeway Point, #01-44 Great World City, #01-35 Jurong Point, #01-66/67 Nex, #B2-40 Takashimaya S.C., #02-239 VivoCity, #01-06-08 Plaza Singapura, #02-12-15 Tampines 1, #02-38/40 Junction 8, #02-209/210 Marina Square, #B1-08/09 Ang Mo Kio (AMK) Hub, #03-04/06 The Clementi Mall, #01-43/46 Parkway Parade and #01-29 Bedok Mall.

**G-FACTORY.** #01-11 Bugis Junction, #02-K1 Tampines Mall, #01-21 JCube, #02-61 VivoCity, #B3-47 ION Orchard, #01-24 Nex, and #B2-26A The Shoppes at Marina Bay Sands.

**GEOX.** #02-127/128 Marina Square Shopping Mall, #02-27/28 Raffles City Shopping Centre, #02-047 Suntec City Mall, #01-110 IMM, #02-47 ION Orchard, #03-50 Paragon, and #01-23/24 The Centrepoint.

**GIORGIO ARMANI.** BHG Bugis, Isetan Scotts, Metro (Causeway Point, Centrepoint, City Square and Paragon), Robinsons (Jem,

The Heeren and Raffles City), SaSa, Sephora, Takashimaya D.S., and TANGS (Tang Plaza and VivoCity).

**H&M.** Orchard Building, #B2-28 to 31 & #B3-27 ION Orchard, #01-01 & #02-01 & #03-01 Jurong East Mall, #01-19/20 VivoCity, #01-307 Suntec City Mall, #01-01, #01-03 One Raffles Place, #01-12 to 33 Nex, and #01-01 & #01-74 to 78 Kallang Wave.

**HARRODS.** Harrods.com

**HOMARE.** Clariancy at #03-02B Bishan Junction 8, #04-09 Causeway Point, #03-27 Mandarin Gallery, #02-15/16 Raffles Hotel Arcade and #03-27 Nex.

**II MONKII.** #03-95A Far East Plaza.

**INNISFREE.** #01-109/110 Bugis Junction, #02-36 Jem, #01-63/64 Plaza Singapura, #B2-34/35 Takashimaya S.C. and #01-35/36/37 Tampines Mall.

**IPANEMA.** #01-20/21 Samba Orchard Central, Royal Sporting House and Stadium.

**I.T.** #03-15 Wisma Atria Shopping Centre, #02-11 Bugis Junction, and #B1-13, #01-18 and #02-24 Orchard Gateway.

**JKL J RUNWAY.** #01-54 Plaza Singapura.

**JACK WILLS.** #01-09 Raffles City Shopping Centre.

**JELLY BUNNY.** #B1-03/03A Plaza Singapura.

**JO MALONE.** #02-09A Ngee Ann City. **JUICY COUTURE.** #03-03 Ngee Ann City and #B2-86/87 The Shoppes @ Marina Bay Sands.

**KAREN WALKER.** At Atlantic Optical, Club21b, P.V.S., DH Sunglass at #02-04 Orchard Gateway, Apres Five at 8 Mohamed Sultan Road, Eyecare People at 25 Lorong Liliput, Holland Village, Front Row at #02-09 Raffles Hotel Arcade, Robinsons Orchard at 260 Orchard Road, and Seen at Dempsey at 8 Lorong Mambong.

**KATE SPADE NEW YORK.** #03-27 ION Orchard and #B2-17 The Shoppes at Marina Bay Sands.

**LANCÔME.** BHG Bugis, #01-12 Capitol Piazza, Isetan (City Square, Parkway Parade, Nex, Scotts, Tampines Mall and Westgate), #B2-40 Marina Bay Sands, Metro (Causeway Point, Centrepoint, City Square Mall and Paragon), OG People's Park, Robinsons (Jem, The Heeren and Raffles City), Takashimaya S.C., Tangs (Orchard and VivoCity), La Maison L'ancôme at #01-12 Capitol Piazza and L'ancôme Beauty Institute at Grand Copthorne Waterfront Hotel.

**LANEIGE.** BHG (Bugis and Bishan Junction 8), #B3-66A ION Orchard, Isetan (Orchard, Parkway Parade, Nex and Tampines Mall), #01-04 JCube, #01-59/79/80 Jurong Point, Metro (Causeway Point, City Square, Compass Point and Paragon), #03-

77 Plaza Singapura, Robinsons Raffles City, #01-312 Suntec City, Takashimaya D.S., and Tangs VivoCity.

**LESPORTSAC.** #B1-12A ION Orchard, Takashimaya S.C., Isetan Scotts, Isetan Wisma, Robinsons Jem, Isetan Katong, Metro Paragon, Robinsons Raffles City and Metro Centrepoint.

**LEVI'S.** #B1-15/16 Ang Mo Kio Hub, #01-67/68 Bedok Mall, #02-10A Bugis Junction, #01-02/03 Causeway Point, #B1-28 CityLink Mall, #B2-26 ION Orchard, #01-26 JCube, #02-42 Jem, #02-08 Junction 8, #01-07/08 Jurong Point, #01-01 Lot 1 Shoppers Mall, #01-16 Lucky Plaza, #02-311 Marina Square, #01-36/37 Northpoint Shopping Centre, #01-23/24 Novena Square, #01-08 Orchard Central, #01-41/42 Parkway Parade, #03-42 Plaza Singapura, #01-32 Raffles City Shopping Centre, #01-348/349 Suntec City, #01-39 to 41 Tampines Mall and #01-67 VivoCity.

**LIV ACTIVE.** #02-08 Orchard Gateway.

**LOVE MOSCHINO.** #4-202 Takashimaya D.S.

**LULA ROCK.** #02-07 Palais Renaissance.

**MNO M.A.C.** #01-17/18 Bugis Junction, Isetan (Scotts and Tampines), Robinsons (Jem, The Heeren and Raffles City), Sephora Ion, #B1-13/13A Takashimaya S.C., and TANGS (Tang Plaza and VivoCity).

**MAKE UP FOR EVER.** Sephora at #02-06/07/08/09 Bugis+, #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands and #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall and #B2-31-34 VivoCity and Pro Loft & Academy at #01-06 and #02-06, 36 and 38 Armenian Street.

**MAKE UP STORE.** #04-10 313@Somerset, #03-20 Paragon, #B1-33 Raffles City, Robinsons at The Heeren, and #01-02 VivoCity.

**MANGO.** #01-73-76 Bugis Junction, Isetan Scotts, Shaw Centre, Jem, Takashimaya Shopping Centre and Isetan West Gate.

**MANIFESTO.** #02-19 Capitol Piazza.

**MARC BY MARC JACOBS.** #03-21 ION Orchard, Isetan Scotts Level 2, #01-11 & #02-12 Mandarin Gallery and #01-11 Raffles City Shopping Centre.

**MIU MIU.** Miu Miu boutiques, Metro Paragon, Robinsons The Heeren, Sephora, Takashimaya and TANGS at Tang Plaza.

**NARS.** Robinsons Orchard, Sephora Ion and Tangs Orchard.

**NEUTROGENA.** All leading personal care stores and pharmacies.

**NIKE.** #02-10B Bugis Junction, #03-19 Orchard Gateway, #01-01 Orchard Central, #04-13/14 Paragon, #B2-39A Takashimaya S.C., #02-29A VivoCity and #02-02/03 Wheelock Place.

**NIVEA.** All personal care stores and supermarkets including Cold Storage, Guardian, NTUC Fairprice,

Watsons and major retailers.

**OCCASIONAL GLIMPSSES OF BEAUTY.** #02-05 Orchard Gateway.

**OLYMPUS.** #12-01/04 Valley Point Shopping Centre, and The Gemini #04-17 to #04-18.

**ON PEDDER.** #02-12 P/Q Takashimaya S.C. and #02-10/13 Scotts Square.

**OPI.** BHG, John Little, Metro, Robinsons, Sephora, Tangs VivoCity and selected Watsons.

**OUTDOOR LIFE.** #02-60/67 Novena Velocity.

**PQR PANDORA.** #01-45 Westgate, #B1-09 ION Orchard, Level 1 Takashimaya departmental store, #01-39C Great World City, #01-K5 Plaza Singapura, #01-62/62A Bugis Junction, #01-37C Raffles City, #01-K28 VivoCity, #01-355 Suntec City, #01-82 Millenia Walk, #01-02 Singapore One Raffles Place, #B2-K15 and #B2-BBA The Shoppes at Marina Bay Sands, #01-27 Tampines Mall, #026-094 Changi Airport T2, #02-22 Changi Airport T3 and #02-61 Changi Airport T1.

**PHILOSOPHY.** #01-16 Bugis Junction, #B2-03A Ngee Ann City, Sephora at #02-06/07/08/09 Bugis+, #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands and #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall and #B2-31-34 VivoCity, and Tangs Orchard.

**PIXIE MARKET.** www.pixiemarket.com

**POPPY LISSIMAN.** Poppylissiman.com

**P.V.S.** #02-05 Orchard Cineleisure.

**PULL&BEAR.** #01-28A VivoCity, #B2-08 ION Orchard, #01-19 Bugis+ and #B2-04 Ngee Ann City.

**REEBOK.** #01-161 Suntec City Mall.

**RIP CURL.** #03-138/139 Marina Square, #04-39/40 Paragon, #02-19/20 VivoCity, #02-180 Bugis Junction, #04-18 313@Somerset, and #01-09 Nex Mall.

**ROXY.** #01-04/05 Orchard Central, #02-155 Marina Square, #02-08/08A Bugis +, and #02-21/22 VivoCity.

**ROCKSTAR.** #03-08 Cineleisure.

**ROGER VIVIER.** #02-12F Takashimaya Shopping Centre.

**ROSEBULLET.** #01-00 Wisma Atria Isetan, #B2-06 Wheelock Place and #B1-02/03 Orchard Gateway.

**STU SECTS SHOP.** #04-14 Orchard Gateway.

**SEIKO.** #01-29 Jem and #01-03 VivoCity.

**SHESHOPS.** Shop.sheshops.com.

**SHISEIDO.** BHG (Bishan, Bugis and Choa Chu Kang) Isetan (Katong, Scotts, Serangoon, Tampines and Westgate), Metro (Paragon and Woodlands), OG (Albert Complex, Orchard Point and People's Park) Robinsons (Jem, Orchard and Raffles City), Takashimaya D.S. and Tangs (Orchard and VivoCity).

**SHU UEMURA.** Action Hair

Boutique at #B1-149/150 The Shoppes @ Marina Bay Sands, BHG Bugis Junction, #B2-40/41 ION Orchard, Isetan (Orchard, Scotts and Tampines), Metro Paragon, Robinsons (Orchard and Raffles City), Takashimaya D.S., Tangs (Orchard and VivoCity) and Valiram at Resorts World Sentosa.

**SKECHERS.** #01-16J1 Jurong West Central, #B2-04 Tkashimaya Shopping Centre, #02-18 200 Victoria Street, #B2-14 ION Orchard, #03-06/07 Raffles City, #03-20 Holland Road Shopping Centre, #02034 Great World City, #02-33 Peninsula Shopping Centre, #03-137 Marina Square, #01-10 Nex, #04-41/42 The Clementi Mall, #01-58/59 Bedok Mall, #02-42 Changi City Point, #02-13/14 VivoCity, #03-35 Jem, #02-40/41 Parkway Parade, #02-60/67 Novena Square, #01, 21/22 Compass Point, #03-02 Tampines 1, #02-15 Lot One, and #01-30 Causeway Point.

**SLOGGI.** Triumph at #02-14/15 313@Somerset, #B3-08 ION Orchard, #02-20 Orchard Gateway, #01-33 I12 Katong, #01-36 Bedok Mall, #02-31 Tampines 1, #02-21 White Sands, #B1-03/04 Ang Mo Kio (AMK) Hub, #02-17 Hougang Mall, #02-24/25 North Point, #02-19 Harbourfront Centre, #02-41 Jurong Point and #02-25 West Mall.

**STRADIVARIUS.** #B2-15 ION Orchard, #02-24 Raffles City Shopping Centre and #01-38 Jem.

**STEREO ELECTRONICS.** #B4-23/24 ION Orchard, and #04-06 Plaza Singapura.

**STUART WEITZMAN.** #02-12E Ngee Ann City.

**SUPERGA.** #B2-04 Wheelock Place, and Superga.com.sg.

**SUPERSPACE.** #02-18 Orchard Gateway.

**SUPER HERO STUFF.** Superherostuff.com.

**SWAROVSKI.** #02-74 Changi Airport Terminal 1, #026-056 Changi Airport Terminal 2, #02-45 Changi Airport Terminal 3, #01-18 The Centrepoint, #01-K4 Great World City, #B1-17/18 ION Orchard, #01-40 Jurong East Mall, #B2-18 The Shoppes at Marina Bay Sands, #01-09 & K8 Parkway Parade, #01-33 Plaza Singapura, #01-09/10 Raffles City Shopping Centre, #01-346/347 Suntec City Mall, #01-05 Tampines Mall, #01-15 to 17 VivoCity and Takashimaya Shopping Centre.

**TALISMAN'S.** #B1-13 Westgate, #02-42 Junction 8 Shopping Centre, #03-67 Jurong Point Shopping Centre, #03-132 Far East Plaza and #B1-19A Plaza Singapura.

**TANGS.** 310 Orchard Road and #01-187 & #02-189 VivoCity.

**THE NORTH FACE.** #03-140 Raffles Boulevard, #B3-28 ION Orchard, #03-19 Westgate, and #04 Takashimaya Shopping Centre.

**TIMBERLAND.** #02-10 313 @ Somerset, #02-46/47 Changi City Point, #01-120 IMM Building, Level 3 Isetan Shaw House, Level 2 Isetan Tampines Mall, Level 2 Isetan Parkway Parade Shopping

Centre, #04-34 Paragon, #01-608/609 Suntec City, Level 2 and 3 Takashimaya Shopping Centre, #01-15 Tampines Mall, #01-81 VivoCity, #02-23 Westgate, #B3-09 ION Orchard, Level 3 Metro Centrepoint and #01-30 Raffles City Shopping Centre.

**THE CLOSET LOVER.** #03-15 Bugis Junction, and #04-14 MIYOC@JCube.

**THE LITTLE JOIE.** #02-56 Bugis +.

**TOCCO TENERO.** #01-33 Wisma Atria, #P1-26 Parco Marina Bay, and #01-47 Changi City Point.

**TOO FACED.** Sephora at #02-06/07/08/09 Bugis+, #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands and #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall and #B2-31-34 VivoCity.

**TOPSHOP.** #B2-01 ION Orchard, #02-39 Raffles City Shopping Centre, #01-22 to 29 BHG Bugis Junction, #01-05/06 Knightsbridge, #02-16 Tampines 1 and #01-72 VivoCity.

**TRIUMPH.** #02-14/15 313@Somerset, #B3-08 ION Orchard, #02-20 Orchard Gateway, #01-33 I12 Katong, #01-36 Bedok Mall, #02-31 Tampines 1, #02-21 White Sands, #B1-03/04 Ang Mo Kio (AMK) Hub, #02-17 Hougang Mall, #02-24/25 North Point, #02-19 Harbourfront Centre, #02-41 Jurong Point and #02-25 West Mall.

**TYPO.** #01-53/53A Bugis Junction, Level 1 @ Somerset 313, #B1-61/64 Wisma Atria, #02-39 VivoCity, Anchorpoint Shopping Centre, #B1-20/21 Ang Mo Kio Avenue 3, #3-12 Clementi Mall and #2-21 Westgate.

**UNIQLO.** #02-28 TO 30 Tampines 1, #B2-38 & #B3-51/52 ION Orchard, #03-27 to 34 313@Somerset, #02-21 to 24 Causeway Point, #01-41/42 VivoCity, #B1-155/155D Parkway Parade, #02-15-17 Bugis+, #03-53 to 62 Plaza Singapura, #02-07 & #03-30 Jem and Level 1 Suntec City Mall.

**VWXYZ**

**VDL.** #01-35 Bedok Mall, #02-21 Bugis Junction, and #01-02 Jurong Point Shopping Centre (JP2).

**WACOAL.** #B1-45/46 Ang Mo Kio Hub, #01-19 Bedok Mall, #01-19 Jurong Point, #02-20A Lot One Shopping Centre, #02-25 Plaza Singapura, #02-370 Suntec City Mall, and #03-35 The Clementi Mall.

**WHAT WOMEN WANT.** #02-22 Mandarin Gallery.

**WEEKENDS.** #B1-10 VivoCity.

**WYLD SHOP.** www.thewyldshop.com.

**YOOX.** Yoox.com.

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**ZADIG & VOLTAIRE.** #B2-71 Marina Bay Sands and 3/F Robinsons Orchard.

**ZARA.** #01-57/58 Great World City, #01-28 VivoCity, #B1-15-24 Ngee Ann City, Liat Towers, 313@Somerset and #B2-03/B3-05 ION Orchard.

**ZALORA.** Zalora.sg.

**ZERO UV.** Shopzaerouv.com.





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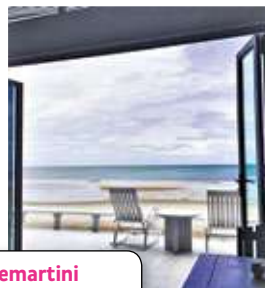
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# A Definitive Ranking of Celebs Who Won Halloween



*Vampires, zombies, French maids and Catwoman – yawn. Here are the top 10 celebs who show us what it really means to dress up and own the spooky stage.*

Sean Faris as a member of a SWAT Team.

Hot dayum, mister, but did you even try?

10

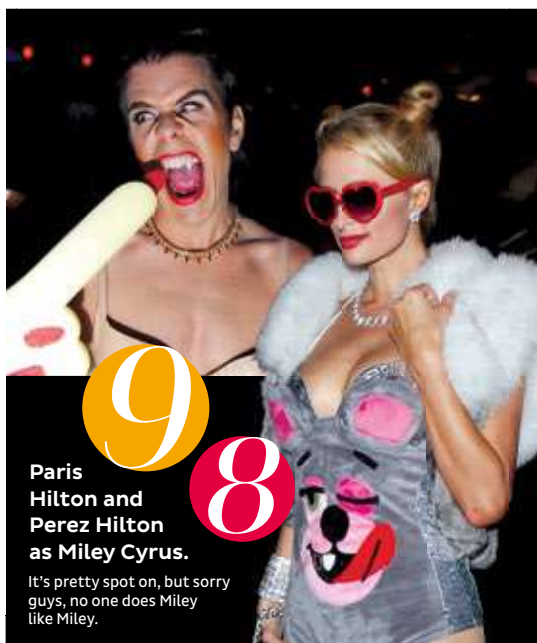


Paris Hilton and Perez Hilton as Miley Cyrus.

It's pretty spot on, but sorry guys, no one does Miley like Miley.

9

8



Adam Lambert as Wolfman.

Hot when human, even hotter when half-human.

7



Aubrey O'Day as a giant peacock.

We're not sure about the look, but it defo gets an A for effort.

6



Lady Gaga as... an Oyster lady?

She's always been OTT with her outfits, but this one seems a little subdued. That shell brolly, though...

5



Beyoncé as a bee.

Queen Bey as Queen Bee? Hella cute.

4



3

Rihanna as a Teenage Mutant Ninja Turtle.

Badgalriri being badass as usual.



2

Heidi Klum as the old version of herself.

Whoever did Heidi's makeup here... #respect



Winner!

Katy Petty as a sad Cheeto.

Nailed it.



Images Corbis, TPG/Click Photos Text Liu Kai Ying.



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THE NEW EAU DE TOILETTE BY CHANEL #TAKEYOURCHANCE

# CLEO

## *Hair*

### **GO PRO**

Amazing secrets  
and tricks from  
the professionals

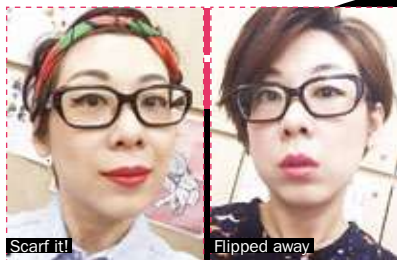
### **Mane Attraction**

30 new ways to  
fall in love with  
your locks

**SAY HELLO  
TO YOUR  
BEST. HAIR. EVER.**

The hottest celebrity cuts,  
styles and colours to steal right now!





# Notice Anything Different About Me?

Yup, I finally decided to grow out my hair! OK, the more discerning ones will probably think I'm imagining things. But seriously, it took me nearly three haircuts and some 20 weeks to get to where I am today. Don't get me wrong, I loved my short hair, even though I sometimes felt like I was stuck in a rut because I've been keeping it short for the last 16 years. This is why I'm growing out my fringe and trying out something new. But during the interim, can I just say how painfully tempting it has been for me to say "to heck with it" and just tell my hairdresser to snip it all off?

Frankly, to go from short to long is not easy – the journey has been a roller-coaster ride for me. As you can see from my #instahair looks, I'm experimenting with ways to keep my overgrown fringe out of the way – I've tried everything from switching my parting and wearing a head scarf to slicking it back and even braiding. The experience has been both challenging and fulfilling. If you're looking for some fringe inspo, flip to "The Big Bang Theory" (p8). But if the fringe is not your cup of tea, check out "Top of the Pops" (p4), where you'll get an overview of some timeless haircuts.

For all you long-haired girls, the ponytail is still a great way to keep your hair out of the way. Check out our handy ponytail guide (p44) for new ways to change things up.

Whether it's a hairover with a new style or colour, or giving life to your current cut, we've got all your styling needs covered. Enjoy!

**Cynthia Chew**  
Senior Beauty Editor

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Should you opt for a messy braid to go with your boho #OOTD or a neat braid to look more polished? Either way, we've got you covered.

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## Four Ways of Wavy

There's no one-size-fits-all when it comes to waves. Go for the right one with this handy guide.





# Top of the Pops

*We're doling out hair awards for the best cuts in Hollywood!*

## THE PIXIE

It's a style that most girls still don't dare to sport as there'll be no hair to hide behind.

This cut takes real guts, and original style icon Mia Farrow sure had lots of it.

*Need a style overhaul without getting a new wardrobe? The crop is definitely the way to go – and it's kinder on your wallet too!*



**CHAMP!**



Mia Farrow

↑ The late Vidal Sassoon was credited for this classic and iconic haircut, but Mia set the record straight when she was 70 years old and said that she cut it all by herself. With fingernail scissors, no less.

→ Chopping off your locks is a big deal, because we've come to rely on our hair to hide our flaws. But stop letting those insecurities rule your life (and hair)! If you're worried, talk to your hairdresser – get her to factor in your face shape and the texture of your hair before taking the plunge. For example, if you have thick, coarse hair, a slick cut like Emma's won't work. Instead, go for something choppiier like Mia Wasikowska's.

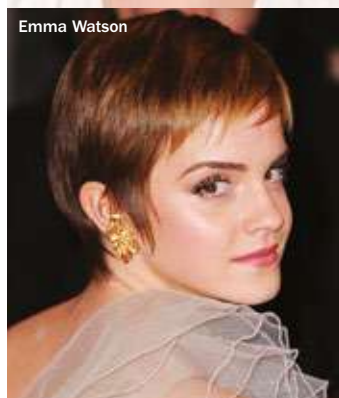
## The Runners-up!



Mia Wasikowska



Ginnifer Goodwin



Emma Watson



## CURLS

Old Hollywood was all about curls – the bigger, the better. In fact, you'd be hard-pressed to find an actress of that era with flat-ironed hair.

To prevent frizz, avoid rubbing your hair with a towel after a wash. Simply pat dry or blot with a microfiber cloth.



**CHAMP!**



Rita Hayworth

↑ Rita Hayworth's head of big, bright red curls caught many a man's eye during the '40s. And it is said that she would wash her hair in hot water, then saturate it in oils before wrapping it for 15 minutes before rinsing. Judging from her lustrous locks, we're totes stealing this beauty secret of hers!

→ It takes a lot of effort to upkeep a good head of curls. That's because when it comes to curly hair, moisture takes longer to reach the ends. When it's not well conditioned, your curls will look crunchy and dry, and if you get a cut that's too heavy at the ends, your hair will end up looking flat. None of us may have the time to maintain Julia Robert's perfect *Pretty Woman* curls, so take your cue from Rihanna who piles it all on her head, or Zendaya who keeps her curls free-flowing and wild.

## The Runners-up!



Zendaya



Rihanna



Julia Roberts





## THE BABY BANGS

Like the pixie, this look takes guts. But let's just say, if you want to make an entrance without cutting off too much hair, this 'do is it.

*Don't like your baby bangs? Don't worry, they'll grow out into regular bangs in no time. Compared to a pixie cut, this one is definitely a low-risk hairstyle.*



**CHAMP!**



Audrey Hepburn

↑ Audrey Hepburn rocked baby bangs for most of her career and epitomised the gamine-chic look down to a T with her large, doe eyes.

→ Baby bangs can be worn in many ways. Thick and blunt like Rooney Mara's, or slightly wispy like Lizzy Caplan's and Krysten Ritter's. Heck, we'll give you a pat on the back if you dare to DIY these. After all, the fun in baby bangs is making them look a little haphazard, don't you agree?

## The Runners-up!

Krysten  
Ritter



Lizzy  
Caplan



Rooney Mara

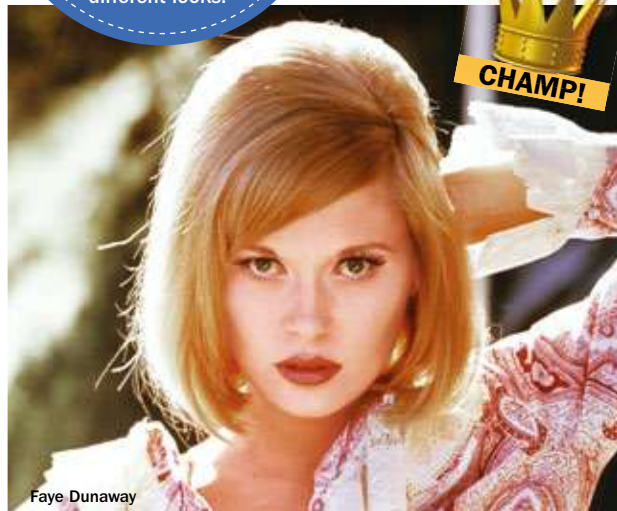




## THE BOB

This timeless cut is popular with plenty of celebs throughout the years and for good reason – it's stylish and flatters all face shapes, yet is customisable enough for you to experiment with different looks.

*This hairstyle can be quite high maintenance as it grows out really fast. This means that you will need a regular trim to maintain the length and style.*



Faye Dunaway

↑ The *Bonnie and Clyde* star's bob is iconic in this crime movie – and we're totes impressed that she keeps it so on point while robbing banks! Not only did the actress shoot to stardom after the movie, every woman was inspired to do a "Bonnie".

→ When we say this style is customisable, we really mean it. Bobs can vary in length, style and cut. Take Debbie Harry, for example. Her bob was big and tousled – perfect for her '80s rock chick style. Victoria's sleek bob came at a time when she was trying to establish herself as a style icon – hence the high-fashion pin-straight style. And Karlie's bob with a side-fringe lent an edge to her all-American girlish look.

## The Runners-up!



Karlite Kloss



Victoria Beckham



Debbie Harry

## MODERN HALL OF FAME

Forget about following rules – these stars were trendsetters in their own right.



### Meg Ryan

The poster girl of '90s rom-coms had a haircut that made her stand out. Her short, messy curls made her a Manic Pixie Dream Girl before Zoey Deschanel took over.



### Princess Diana

Princess Diana's perfectly-coiffed pageboy was the inspiration for many women in the '80s. It may seem a little dated now, but it was posh back then.



### Jennifer Aniston

"I think it was the ugliest haircut I've ever seen," the *Friends* star told *Allure* when asked about the infamous "Rachel" cut that she debuted in 1995.



### Farrah Fawcett

While the hippies were flaunting their flat-ironed hair in the '70s, this *Charlie's Angel* proved that the bigger your hair is, the closer you are to hairdo heaven.





# The Big Bang Theory

**Whether they're side-swept, blunt or wispy, fringes can dramatically change your look. But which should you go for?**

Not all fringes are created equal, but score the best style for your face shape and you'll look like a million bucks. Take your cue from these celebs.

## Full and Blunt

**Perfect if you:** have a wide forehead like Zoëy Deschanel.

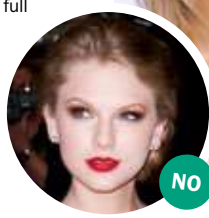
Remember when the *New Girl* actress showed up at the 2013 Met Gala without her trademark bangs? She was nearly unrecognisable. Bangs helped to hide her large forehead, make her look younger and, most importantly, bring out those baby blue eyes.



## Textured and Side-Swept

**Perfect if you:** have an oval face like Taylor Swift

The side-fringe is great for those with strong features like Taylor Swift, as it tones down the sharpness and adds a soft, feminine touch to your overall look. They're easier to maintain than full bangs (which are perfect for those with oval-shaped faces, too) because they can be easily tucked behind the ears.



## Wispy Bangs

**Perfect if you:** have a round face like Kirsten Dunst

Round faces look the best with bangs that are shorter in the centre and longer at the sides, giving the illusion of a longer chin. Ideally, they should be slightly airy and wispy like Kirsten Dunst's bangs – that will reveal a little more forehead, adding length to your face.



### CUTTING YOUR OWN FRINGE: YAY OR NAY?

"Professionally speaking, if you want to change up your fringe, or are going for something more complicated than straight, blunt bangs, it's best to go to a hairdresser. They know the angle and proportions perfect for your face. But if you're merely trimming the length, and know exactly what fringe you want, go for it! But remember to always use a very sharp pair of scissors – blunt ones will chew the ends of your hair and damage the hair cuticle." – Manisa Tan, owner of Ultimate Attitude

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# Superhuman Hair

*Whether it's the perfect cut or the best colour, here's how to have hair even Blake Lively would be jealous of...*

It is with firm beauty conviction that we believe a good haircut can be the difference between looking like you have your sh\*t sorted and looking like things are about to fall apart at any given moment. Add perfect hair colour into the winning-at-life mix and you should have just about everything you need to look – and feel – great nearly all of the time.

In a world where we spend days working towards our unique versions of our “dream job”, quickly get over the men who don’t quite meet the benchmark we deserve, and pick and choose our friends based on the very highest standard of qualities, it makes total sense for us to aim high on the hair scale. As in, Blake Lively high.

## Shade swap

The first step to getting just-so-fresh hair is nailing your colour. Before your next appointment, consider the new season colour trends and get ready for a change. While blondes need to embrace the warmer hues of caramel and honey, brunettes should be playing with mulberries – leaving natural redheads to experiment with bold shades of copper. If your colour woes are more about covering some silver, choose a permanent hair colour to master yourself at home.

## Getting hand-sy

Speaking of DIY jobs, the mission for Best Hair Ever doesn’t necessarily need to begin in someone else’s basin. A lot of the time, yours will do just fine – if you remember a few important things. “Never stray more than two shades lighter or darker than your natural shade,” says colour expert Belinda Jeffery. Although sticking to a similar shade will help mask any mistakes, it’s generally still best to avoid making any at all. If

possible, position yourself somewhere you can work with a mirror that’s in front and behind you. If you’re after a temporary, moisturising treatment, opt for a gloss. And if you want to change your hair colour more dramatically, then a semi-permanent shade should last between six to 12 weeks.

## Bye-bye, balayage

Sorry to be the one to break the news, but the reign of ombre has come to an end. “Balayage has wrapped,” says Belinda. Tough break, sure, but the newest hair colour trend of blending isn’t too far off. “[This technique] works with highlights on top and some free-hand painting on the ends,” she explains. The result? A variation of shades through the hair, which create a perfectly natural look – even if it was done by a hairdresser.

## Bad behaviour

The quest for perfect hair can get pretty tough, especially when your mane didn’t get the memo. If you notice your hair is snapping around your face, it could be due to a different number of things – aside from these strands being the weakest because of their finer texture. “[Hair] can snap due to chemical damage, such as over-processing of colour, and heat from hairdryers and straightening irons,” says head colourist Stephanie Griffiths. If this is your problem, try applying a leave-in conditioner overnight. If your issues are more scalp-related, stress, a changed diet or irritating products could be the cause. Swap whichever shampoo and conditioner you’ve been using for specially-formulated products. Once you’ve got your colour and condition sorted, all that’s left is to decide on the cut that could mark a whole new beauty milestone.







# Cut and Copy

Look no further than these chic A-listers for a little hair-spiration.

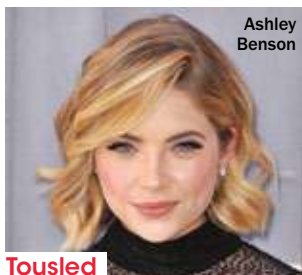
## SHORT



Kate Mara

### Pixie

**Ask for:** A closely clipped cut with a slight shag and pieces that frame your face.



Ashley Benson

### Tousled

**Ask for:** A short and punchy bob that grazes your shoulders with soft, angled layers.



Taylor Swift

### Shaggy

**Ask for:** A choppy, shoulder-grazing layered bob with a side-sweeping fringe to match.

## MEDIUM



Emma Stone

### Side-sweep

**Ask for:** Longer layers around the face with a long side fringe that skims your cheekbones.



Dianna Agron

### Bedhead

**Ask for:** A "choppy" layered style that's heavily textured and shaped around the face.



Felicity Jones

### Blunt

**Ask for:** A straight, blunt cut softened with a side fringe to make thin strands look fuller and thicker.

## LONG



Blake Lively

### Flowing

**Ask for:** Long layers with angles that start at your collarbone and go on to flick out.



Olivia Munn

### Straight

**Ask for:** A straight cut with blunt layers that face down on an angle from your collarbone.



Chloë Grace Moretz

### Medium

**Ask for:** A long cut with lengthened layers throughout the hairstyle.

# Instant Glamour

Philips helps you take notes from Old Hollywood sirens for a great style today that'll still leave you with healthy hair tomorrow.

Who wouldn't choose to have perfectly-coiffed hair like Brigitte Bardot or Audrey Hepburn? Thanks to Philips' innovative haircare technology, you don't need a personal stylist to nail timeless looks that'll make you feel beautiful and confident. Here, they show you how to achieve an alluring Old Hollywood-inspired ponytail with the help of a few easy-to-use and hair caring tools.



**STEP 1** With the bristles turned outwards and placed on the scalp, use the Philips Volume Multi-Styler to create volume by placing the semi-curved barrel close to the roots and wrapping hair over it. Hold the hair with some tension against the barrel, and release for lifted hair.



**STEP 2** To use the Volume Multi-Styler as a curling iron, twist the barrel so that the bristles are turned inwards and wrap hair around the closed barrel. Otherwise, switch to the Philips Easy Natural Curler for natural waves that are easy to do, even on the back of your head!



**STEP 3** Tie your hair back in a low ponytail, leaving some strands of hair around the face free for a casually glamorous effect. Take a small strand of hair and wrap it around the base of the ponytail to cover up the elastic. To finish, fix the look with a slight spritz of hairspray.

## GET THE TOOLS

Find out more about how Philips hair caring and styling devices protect your hair while giving you the look you want.

### Versatile and Effortless

With its unique turning arm, this innovative device is your all-in-one. Volume, straight, curls and flicks – you can achieve them all with a simple twist. The tool features digital heat settings so you can choose the best temperature for your hair type, while a tourmaline ceramic coating also reduces static for maximum comfort and care.



Philips Volume Multi-Styler, \$119

### Easy, Natural Curls

Say goodbye to complicated wrist gestures while you style – the Philips Easy Natural Curler is designed so you can clip and curl with one smooth motion. All you have to do is clip using the one-touch button, twist the tool once, and glide the tulip-shaped barrel down the length of your hair. The result is gorgeous curls that won't look dry or frizzy the next day.



Philips Easy Natural Curler, \$69

Philips Volume Multi-Styler and Philips Easy Natural Curler are available at major department stores (Tangs and Takashimaya), leading electronics stores (Best Denki, Courts and Harvey Norman), Fairprice and selected authorised dealers.

Visit [www.philips.com.sg/haircare](http://www.philips.com.sg/haircare) for more information.





# Making the Cut

*Short hair, don't care! These celebs show off their short crops, proving that going for the chop can indeed be the way to go.*

## Long Hair + Scissors = Magic!

HEART



**Scarlett Johansson**

Girls with heart-shaped faces can pretty much carry off any hair length, but here's something to note if you're treading into short-hair territory: make sure your cut isn't too heavy. That's because those with this face shape tend to have small chins, and when you style your hair too high, you might end up with a triangle-shaped face. A sleek cut like Scarlett's will do the trick.

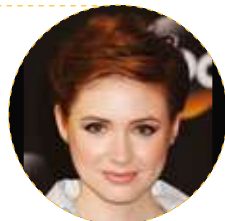


CIRCLE

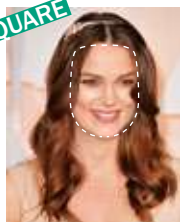


**Karen Gillan**

Don't listen to the naysayers who say short hair on round faces make them look even rounder. Trust us, no one rocks a pixie better than those with a round, cherubic face. But if you're still not buying it, we suggest you take your cue from Karen Gillan, who went for a short crop with a full top. This will give the illusion of height and an elongated face.



SQUARE

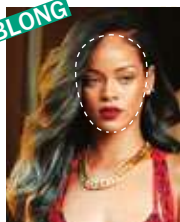


**Keira Knightley**

If you wanna take it short, but feel self-conscious about your strong jawline, you might want to take a leaf out of Keira Knightley's book by going for a short bob that skims right where your chin is. The hair by the side of your face will soften your strong jaw. But hey, strong facial features never stopped Keira from cropping her hair off, so why should you?

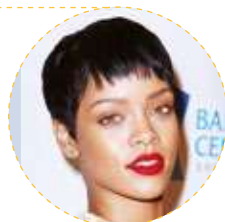


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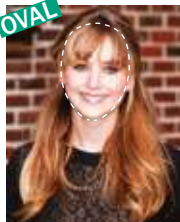


**Rihanna**

Let's be honest – Rihanna would look great even if her head was shorn bald. And we suspect it might just be her #badgalriri confidence. There's a myth that those with long faces should avoid short hair as it puts the face shape all out on display, but as Rihanna proves, all it takes is a short crop and wispy bangs just above the brows to flatter her face shape.



OVAL



**Jennifer Lawrence**

Long hair = wholesome. Short hair = edgy. Just look at J-law! And girls with oval faces can pull off pretty much any look, from a tightly-cropped pixie cut to a long, shaggy cut. You can easily style it sleek if you have to meet the boyfriend's parents, then tousle your hair up for a night out. Easy peasy, lucky chickie!



Next Generation

# JAPANESE BOTANICAL OIL HAIRCARE

They might be tiny, but botanical seeds can work great wonders on your crowning glory.

Botanical seed oils are natural alternatives to silicone that will keep your tresses silky and smooth. Here's a guide to the type of seed oils to take note of, depending on the effect you're looking for.



IF YOU WANT  
*Maximum Volume*

GO FOR



Known to give hair its shine, broccoli seed oil helps to get rid of the build-up of dirt without being harsh on your scalp.

TRY



ErucA Extra  
Volume Up  
Shampoo,  
\$18.90

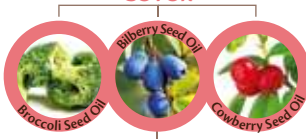
ErucA Extra  
Volume Up  
Foam,  
\$22.90

Broccoli seed oil works together with milk thistle omega-6 and cranberry seed oil to give you bouncy and lustrous locks.



IF YOU WANT  
*Strong Strands*

GO FOR



Healthy strands come from a healthy scalp. Bilberry seed oil is loaded with antioxidants for scalp repair and strong strands.

TRY



ErucA Scalp  
& Volume  
Shampoo,  
\$18.90

ErucA  
Hair  
Mask,  
\$19.90

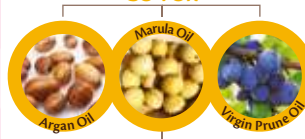
ErucA Scalp  
& Volume  
Treatment,  
\$18.90

Along with cowberry and broccoli seed oils, the arctic bilberry seed oil in these promotes healthy hair and scalp.



IF YOU WANT  
*Silky Smoothness*

GO FOR



With plenty of oleic acid, marula oil helps to control moisture loss while ensuring your hair stays soft and hydrated.

TRY



ErucA Moist  
& Repair  
Shampoo,  
\$18.90

ErucA Moist  
& Repair  
Treatment,  
\$18.90

With a combination of marula oil, argan oil and virgin prune oil, these products help keep your mane silky smooth.





# Five Hair Sins

## (We're 99% Sure You're Committing)

*Whether you straighten half-damp locks or snap your strands as you comb it like crazy, take care of your tresses with these tips from a super stylist.*

**MISTAKE  
#1**

### Picking the wrong styling product

Finding the right product to lend your hair body and bounce can be quite the assignment. Gritty root lifters can leave dry hair feeling even crispier, while mousses and waxes can leave oily hair looking limp. Most styling products overpromise, and you'll never find fine print that says, "Your hair's too fine for me, move on."

#### HOW TO FIX IT

**If your strands get greasy really quickly:** Go for dry shampoo or sea-salt spray – something that will take the oil out of your hair and leave you with a matte beach girl texture.

**If you're a normal or combination girl:** Try a mousse. "I think mousse is really underrated," says Mark Hampton, Global Ambassador for TONI&GUY Hair Meet Wardrobe. "I use the TONI&GUY HairMeetWardrobe Prep Volume Plumping Mousse backstage at nearly every show. It gives normal hair amazing body and doesn't leave residue."

**If dry and brittle rings a bell:** Always, always, always use a heat protection spray. "Re-spray the hair in-between your blow-drying and your straightening to top up on protection," says Mark. If you want to pump up the volume at your roots, choose a texturiser with a low-powder percentage to avoid crunchy strands. If your hair is dark, apply the product under hair sections to prevent your part from looking grey.



TONI&GUY HairMeetWardrobe Volume Plumping Mousse, \$21.90



O&M Original & Mineral Surf Bomb Sea Salt Spray, \$35

Shiseido Professional Stage Works Powder Shake, \$31

Oscar Blandi Dry Sculpting Pomade, \$35

### MORE VOLUME

Apply a tennis ball-sized dollop of mousse (less if your hair is short) onto damp hair and comb it through. Then, use a barrel brush to get air into your locks while blow-drying so it doesn't go flat.





## MISTAKE #2

### Bleaching over bleach

The ombre effect has been trending since 2012 and as a result, more and more women are employing at-home lightening kits to tend to their tips. While our roots have been catching a break, the most vulnerable part of our hair (the ends) has copped a beating of peroxide proportions. "Bleaching hair is always going to be damaging for any hair type. If it's not looked after properly, it can lose its natural oils and become dry, brittle and increasingly prone to snapping," warns Mark.

#### HOW TO FIX IT

"Sometimes, cutting the hair is the only answer," says Mark. He recommends getting a trim every six weeks and applying a weekly hair mask to help keep the hair in good condition. If you're not ready to part with your dip-dyed ends, simply reach for a blonde shampoo and conditioner to reduce brassiness, over harsher lightening agents.



TIGI Bed Head Dumb Blonde Reconstructor, \$30

TIGI Bed Head Dumb Blonde Shampoo, \$48

Evo Fabuloso Pro Reparative Conditioner Base, \$38



The Wet Brush Safari Collection, \$19.90



GHD Paddle Brush, \$52



The Body Shop Grapeseed Glossing Serum, \$26.90



## MISTAKE #3

### Tying wet hair into a top knot

It's every busy girl's go-to 'do, and it sure feels good raking that wet hair straight up off your neck. But, like most fast fixes, it isn't very good for your tresses. "When hair is wet, it's more fragile and likely to split, so you should try and let it dry before styling it into any kind of up-do," advises Mark.

#### HOW TO FIX IT

He recommends brushing wet hair with a paddle brush or a wide-tooth comb to gently untangle knots. Then, secure the hair with a cotton band, "as a bare elastic can catch on the hair, causing breakage," he adds. When you can't leave your hair down to air-dry, work in a basic leave-in conditioner through the lengths and side braid it. It looks way cooler than a boring bun and treats your hair at the same time.



**MISTAKE  
#4**

## Getting heavy-handed with hair oil

The benefits of using hair oil are endless. Botanical blends including macadamia, argan and coconut oil can be used as intensive nourishing treatments that penetrate the hair shaft and improve its elasticity, while lighter leave-in formulas act as sunscreens and moisturisers. But avoid using too much, as it can leave the hair looking lank, pieceny and even discoloured. “Too much over time can also cause a build up of oils, hindering your scalp’s ability to produce its own natural supply,” says Mark.

### HOW TO FIX IT

“If using a pre-shampoo treatment oil, massage the scalp and rinse the hair at least twice,” he says, recommending a deeper detoxifying shampoo once a week to cleanse the hair of unnatural oils. Leave-in oils work best on wet hair. For a smooth look, blow-dry in a maximum of two pumps of the product. Oil perks aside, Mark prefers using serums for styling. “Serums tend to be silicon-based to help coat the hair and provide a temporary shine, while oils usually act as a lighter treatment.



Goldwell  
Dualsenses  
Scalp  
Specialist Deep  
Cleansing  
Shampoo, \$28



Asience  
Beauty Serum  
Leave-On  
Treatment Oil,  
\$16.90



L'Oréal  
Paris Elseve  
Extraordinary  
Oil Mist,  
\$26.90



Philips  
MoistureProtect  
Dryer HP8280,  
\$185

Dove Nourishing Oil Care  
Nutri-Oil Serum, \$8.90

**MISTAKE  
#5**

## Turning up the heat on your hair tools

Most hairdryers provide up to 2,000 watts of hot blow-waving power, and even the most basic straighteners heat up to 200 degrees in 30 seconds. High heat doesn't always equal a highly polished result, though. “The health of your hair determines which temperature setting you should use,” clarifies Mark. If your hair is healthy, it should be able to handle between 150 to 200 degrees. If it's fragile, set your straightener no higher than 75 to 100 degrees and your hairdryer at medium heat. Also look out for obvious signs – if your hair feels dry after you've blow-dried or tonged, chances are you might be frying – not styling.

### HOW TO FIX IT

Hampton recommends giving your hair a break and letting it dry naturally once a week. When you use heat, remember to coat the lengths of your hair with a heat-defending lotion or spray. “Try to use a hairdryer with a concentrated nozzle to help speed up the drying, then spritz with a shine spray and blow-dry the hair with cold air for extra gloss,” he says.





# Why is My Hair Falling Out?

***It's a question that plagues one in five women. CLEO finds out more about this common hair phenomenon.***

Don't think this problem only hits women who are your mum's age. It can come at any time of your life – and even those with the thickest of hair are not spared.

## **Why you and your hair are having a fall out**

According to regenerative health consultant Arthur Chan, women experience hair loss for three reasons. If you are in your 20s, you can probably rule out ageing. The other two factors have to do with what's going on inside your body and your external environment. "External or environmental factors can include using harsh shampoos, excess exposure to chlorine, the sun and wind, and even chemical treatments like bleaching and

permanent straightening," says Arthur.

The third culprit is what Arthur calls "short-term internal factors". These bad boys include stress, a diet lacking in nutrients – particularly iron and protein – and hormonal imbalances, including those that stem from polycystic ovarian syndrome. Throw into the mix certain medications, including contraception, painkillers and antidepressants, and it makes complete sense why you are suddenly thrown into this new surge of misery.

If you're unsure about what's causing your hair to fall, the amount of strands you're losing can be a good indicator. "Hormonal hair loss is more gradual, with around 800 hairs per week," explains Arthur. "Stress-induced hair loss has a



quick and sudden effect, with over 2,000 hairs lost per week and thinning over the entire head.” But fret not, as the problem generally settles down within six months. Over at DRx Medispa, the Intensive Hair Regeneration Therapy is a fantastic antidote for those distressed from hair loss. It involves the use of micro-needle therapy to stimulate and promote cellular activity within the hair follicles. It’s followed up with Low Level Laser Therapy to help slow down and prevent hair loss and bring back the volume.

### Just eat it

We’re all-too-familiar with the mantra “you are what you eat”, and we’re all pretty aware of the

fact that a lot of what happens outside our bodies are a direct result of what’s going on inside, too. Iridologist and natural medicine expert Will Shannon agrees, and says there are certain things we can put on our shopping list to keep our hair strands planted firmly in our scalps.

First stop: sweet potato. “While many herbalists use the leaf, eating the root can ease hair loss,” says Will. Broccoli is another veggie he suggests getting some serious servings of as it’s crammed full of vitamin E, as well as almonds, sunflower seeds, spinach and pumpkin.

Low blood flow can be a huge factor behind hair loss. To improve blood circulation, Will suggests dosing up on spices such as cayenne pepper and chilli. And if you think your hair loss is due to stress, chamomile tea and magnesium supplements can be really helpful, too.

## WHEN IT'S IN THE FAMILY

Hormone-related hair loss is genetic and if it's in your blood, there isn't much you can really do about it. “If you have a family history of hair loss, you can do a blood test to see if there are any hormonal abnormalities that can be tackled,” suggests leading dermatologist Dr Michael Rich. If you're stressed out, do what you can to stop hair loss in its tracks. “Eliminating any stress and banning crash diets will help, too,” says Dr Michael.

This paraben- and mineral oil-free shampoo contains panox notoginseng extracts to promote hair growth. **Bio-T Anti Hair Loss Shampoo, \$39**

It's also a good idea to invest in a scalp treatment, which will set the scene for hair regeneration. **Bio-T Scalp Hair Essential Tonic For Growth, \$49**, is great for helping to invigorate your scalp and encourage it to get its act together.

To deal with fine, brittle hair, this combo will restore volume and strengthen hair. **Plantur 39 Phyto-Caffeine Shampoo, \$18.90, Conditioner, \$12.90**

To prevent breakage, get a shampoo like this one that contains arginine, an essential amino acid which improves micro-circulation. **L'Oréal Paris Fall Repair Anti-Hair Fall Shampoo, \$9.90.**

If you're looking for something a little more intense, **Kerastase Densifique Hair Density Programme, \$149.80** for a box of 10, can leave you with up to 1,700 new hairs in three months.







# Dry Shampoo

## Yay or Nay?

*It's a quick fix, but is it the remedy for second-day hair? Michael Shaun Corby from Alterna Haircare and Sean Ang from ARX Salon @ 1 Nassim spill the beans.*

### Why we love it!

A styling staple, dry shampoo works great when it comes to removing excess oil and impurities in your hair. "It's a trick used when styling shorter hair as it leaves a matte finish and the powders in the dry shampoo coat the strands to give a natural bed hair look," says Sean. But it's not just about styling. If you're always bothered by the smell of your hair (especially after a meal at the hawker centre!), Sean recommends using dry shampoo to get rid of the smokey odour in a jiffy.

### Why we don't...

Both Michael and Sean say that while it's great for styling, dry shampoo shouldn't be relied upon as a long-term haircare solution. For one, the fine powders in dry shampoo can lead to scalp irritation and clogged pores. You should also stay away from it if you have very oily scalp or if your hair is thinning. Two consecutive days is the maximum when it comes to applying it, suggests Michael.



TONI&GUY HairMeetWardrobe  
Cleanse Dry Shampoo, \$10.90

Baptiste  
Original Dry  
Shampoo,  
\$3.90



Handmade  
Heroes  
Drop Dead  
Gorgeous Dry  
Shampoo,  
\$11.90



### USE IT WELL

Whether it comes in a powder or spray format, Michael has his take on how to apply dry shampoo properly.

**POWDER** Shake a little powder into your palms and rub them together before massaging the product into your roots. "You can apply the product this way one to two times more if necessary. But if your hair still looks greasy after the third application, it's a sign that you need a thorough wash," says Michael.

**SPRAY** Hold your arm 15 to 30cm away from your hair and spray in a circular motion before massaging the product into your strands with your fingers.

# YOU DESERVE YOUR PLACE IN THE SUN!

Dreaming of lovely hair? Learn how Alba Botanica makes good hair days a total breeze.

What comes across your mind when you think of Hawaii? Pizza? Hot detectives? Or an exotic retreat filled with beautiful beaches and the bounty of nature? Let Alba Botanica introduce you to a new side of Hawaii thanks to its range of Hawaiian haircare, powered by signature ingredients from the island paradise. Not only is each bottle loaded with the goodness of papaya, macadamia nut oil, jojoba, awapuhi and panthenol, there are different lines targeted to your specific needs, so every day can be a "swishy hair" day. Achieve radiant hair the natural way with 100 percent vegetarian-approved ingredients!

## The gardenia of eden

### For... fuss-free smooth hair

Humidity and frizz are best friends, and our worst nightmare. Bid bye-bye to this hair woe with the So Smooth Gardenia shampoo and conditioner. Instead of depending on heavy silicones to smooth hair, it nourishes the cuticles for a calm, polished appearance. So Smooth Gardenia shampoo and conditioner, \$15.90 each



**Winner of "Best Botanical Brand" at Watsons Health, Wellness & Beauty Awards 2015**



## Milk of the gods

### For... mega moisture

High in fatty acids and protein, coconut milk treats parched hair to intense moisture. With additional aloe and calendula to relieve hair stress, say hello to easy, manageable hair with the Drink it Up Coconut Milk collection.

Drink it Up Coconut Milk shampoo and conditioner, \$15.90 each

## Make it bounce

### For... body and volume

Limp hair takes off with Body Builder Mango's lightweight formulas. Gentle, botanical cleansers sweep away grime, and mango and papaya extracts boost volume and provide extra b-b-b-bounce.

Body Builder Mango shampoo and conditioner, \$15.90 each







# Stuck in the Middle

*For every beauty lie we've ever uttered, telling our hairdresser that we'll be back in six to eight weeks' time has got to be the biggest fib of all. Here's how to deal with those awkward in-between days.*

## When you're in between hair cuts

Everyone's guilty of skipping a trimming appointment, but that's no excuse for letting your once-polished hair go to ruin. We asked Barney Martin, founder of Barney Martin Hairdressing in Australia, for tips on dealing with ends that are crying out for a good chop.

**1** Keeping your hair in good condition is generally the best way to make sure your cut lasts as long as possible. Apply regular treatments to protect against split ends and frizz.

**2** Stop straightening and opt for loose waves – especially if you're growing out layers. The added movement will help mask any uneven lengths.

**3** Rather than trying to trim split ends yourself, look out for products that are specially formulated to seal them. If you use regular scissors to snip your hair, chances are they might gnaw through your strands and cause even more split ends.

Percy & Reed Smooth, Sealed & Sensational No Oil, Oil, \$30

## SPLIT END SQUAD

Pick the right product for your hair and fix those faulty strands.

Essential CC Oil, \$11.90

TSUBAKI Hair Oil, \$26.90

### THE OILS

John Frieda Frizz Ease Original 6 Effects Serum, \$16.90

Sunsilk Smooth and Manageable Instant Smoothing Cream, \$5.90

Pantene Total Damage Care 10 BB Crème for Hair, \$9.90

### THE SERUMS

### THE LEAVE-ON CREAMS

## BOUNCE BACK

The right arsenal of products can save even the limpest of curls.

Liese Daily Enhance Styling Series Wave Defining Foam, \$10.90

Bouncy curls are within your reach with this light, airy foam that doesn't weigh your hair down.

## When you're in between perm sessions

Your permed locks are turning limp but you simply haven't got the time to sit at the salon to touch up your curls. But don't walk out of the house with limp, sad curls. Follow these tips to keep them fresh-looking till your next session at the salon.

**1** As much as possible, use your fingers to comb through your hair instead of tugging at your hair with a brush to detangle. You should also avoid rubbing your hair dry – just pat it dry with a towel instead.

**2** Avoid heat as much as possible. By now, your ends would be dry and damaged, and the heat may unravel your curls. If you must, pick the cold or lowest heat setting.

**3** Products won't bring your curls back to their original state, but a good curl-defining product can refresh your curls. Just remember to add just a smidgen of it to prevent crunchy curls!

Marc Anthony Strictly Curls Envy Perfect Curl Styling Cream, \$18.90  
With natural ingredients like shea butter and avocado oil, this styling cream helps to hold your curls, and moisturise and soften even the frizziest of curls.

Living Proof Curl Defining Styling Cream, \$39  
Get extra conditioning and a strong hold for better defined curls that stay frizz-free and tight.





# Hair Mask Secrets You Need to Know Now

*Wish every day was a great hair day? A hair mask will do the trick and bring back lustre and bounce after all the stress we put our hair through on a daily basis.*

## 1 Use a hair mask at least once a week

This is a must if you regularly subject your hair to heat-styling, backcombing, tons of hairspray and top knots. And even if you don't, bear in mind that the weather, air-conditioning and UV rays can also rob your hair of moisture and nutrients.

## 2 Pick the right one for your hair needs

To pick the right mask for you, you need to know your hair type. Is it thick, frizzy and dry? Then opt for a mask that provides intense hydration. If your hair is limp, thin and breaks easily, look for a mask that

contains proteins and keratin to strengthen your hair.

## 3 Comb the mask through your hair

To get the most out of a hair mask, comb the product in to ensure that every strand is coated with goodness. Remember to always use a wide-toothed comb on wet hair to prevent breakage!

## 4 Pay attention to your ends

The ends of your hair are the oldest, and most fragile parts of your hair (split ends,

anyone?). Masks can't save split ends (they can only help to prevent further damage), so just snip those off!

## 5 Use a hair mask before and after colouring

Colouring, especially if you're going to bleach your hair, will suck all the moisture out of your hair. To prevent your hair from looking fried and dry as hay, it's best to start masking your hair two weeks before your colouring appointment. Not only will it keep your hair from breaking apart, it also helps the colour stay vibrant.

## 6 Shampoo and condition after removing your hair mask

This ensures that all of the product is really removed from your hair. Oil-based masks, if not properly removed, can leave your hair and scalp greasy. And make sure to rinse it off the back of your neck and back properly, otherwise bacne might make an appearance!

## FOR DAMAGED HAIR

You want stronger, thicker locks that can withstand everyday stress.



O&M The Power Base, \$15

La Bioethetique Intensive Spa Mask, \$62



Living Proof Restore Mask Treatment, \$57

## FOR COLOURED HAIR

You want your coloured locks to be healthy, bouncy and vibrant.



Shiseido Professional The Hair Care Luminoforce, \$76



Kerastase Nutritive Masquintence, \$55



Alterna Caviar Repair Fill & Fix Treatment Masque, \$60

## FOR REBELLIOUS HAIR

You want to put a stop to frizz and protect your hair from the heat and humidity.



Redken Frizz Dismiss Intense Smoothing Treatment Mask, \$55

Sunsilk Nourishing Soft & Smooth Intensive Treatment Mask, \$9.90



Eruca Scalp & Hair Mask, \$19.90





# Say "I Do"

... to shiny, healthy hair by making (and sticking) to these resolutions.

## **I will wash my hair at least once a day.**

In our hot and humid tropical climate, it's essential to wash your hair daily to get rid of the build-up of oils, dirt and sweat, and the resulting clogged pores. Just as you would not dream of washing your face and body only every other day, your hair, which is exposed to the same elements and environment, deserves daily cleansing as well.

Avalon Organics Nourishing Lavender Shampoo, \$13.90



## **I will not brush my hair when it's wet.**

Resist the temptation to brush your hair upon getting out of the shower, as this is when your hair is at its weakest. Instead, comb your hair through when your conditioner is still on to reduce any tension on the scalp, and again once your hair is dry. On that note, avoid brushing from the roots down – start at the ends and work your way up to reduce split ends and the like.



Tangle Teezer Compact Styler, \$34.90



Lady Jayne Super Hold Snagless Elastics, \$4.90 (per pack of 10)

## **I will let my hair loose.**

If your hair is more often up than down, be wary of tying your hair back with tight elastics at the same spot, as it can cause breakage and permanently weaken your locks. Mix up the position of your ponytail, and opt for looser hairties, especially ones without metal fasteners.

## **I will not overheat my hair.**

Two things – first, if you are using heated styling tools on wet hair, stop. Your hair is literally being fried. Just as you use a primer or base before applying your makeup, apply a heat protectant to the mid-lengths and ends of damp hair, and let it dry before blow-drying, straightening or curling. This seals in moisture, protects hair from overheating by creating a barrier between your hair and the hot tools, and allows for easier styling at the same time.



TONI&GUY Prep Heat Protection Mist, \$21.90

## **I will not go squeaky clean.**

Yes, you should wash your hair daily. But no, it does not need to be squeaky clean before you get out of the shower. Too much shampoo can weigh down your hair, making it brittle, dull and lifeless. Similarly, getting over-zealous with scrubbing encourages oil secretion from the sebaceous glands, resulting in greasier hair. Gently massage your shampoo in instead, and use warm (not hot) water when washing.



Silkpro Daily Balance Shampoo (250ml), \$8.50

Is your hair just a supporting act? Or is it...

# THE MANE CHARACTER

Your face is on fleek, your nail art is fly, and your shoe game is totally on point. But what about your hair? Well, whatever you do, don't leave it to the dogs; a pooch might be man's best friend in all other respects, but it turns out that, when it comes to hair, our BFFs are from a different part of the animal kingdom entirely. Nope, we're not even horsing around.

Horses have, after all, always been the perfect #hairspo for their human friends. With manes so long, swishy and sleek – who doesn't want blue-ribbon hair? So maybe it's not so strange that, 20 years ago, equestrians and horse-owners in rural New Jersey started using the Katzev family's grooming products, which were originally formulated for show ponies, on their own heads. Were they brave? You bet. But more importantly, they were right.

The secret of The Original Mane 'n Tail is in the silky shampoo formula, which has high-lathering, ultra-cleansing ingredients fortified with moisturisers to leave your hair clean and super soft at the same time. Together with a nourishing conditioner, the micro-enriched protein formulas have amassed a loyal following among long-haired beauties of the human, not just the equine, kind.

## Meet the Sideshow Attractions!

If your tresses need special attention, try these other formulas from Mane 'n Tail.



Helps retain moisture and fortifies with Vitamin E and Provitamin B5.

Mane 'n Tail Deep Moisturising Shampoo and Conditioner, \$15.90 each

A herbal formula of horse chestnut, red clover and meadowsweet builds body and improves shine.

Mane 'n Tail Herbal Gro Shampoo and Conditioner, \$15.90 each

The Original Mane 'n Tail Shampoo and Conditioner, \$15.90 each

Let your hair be the star!





For Christabel Chua's look, Shinya Ikumi, Director of Naoki Yoshihara by Ash, used a pink tone as a base, overlaid with brown highlights and lowlights to add dimension and richness to her independent, spunky image.





# Your Best-ever Hair Colour

*Who says brown has to be boring? With so many different shades out there, we get hair colour experts to prove this season's hottest colour has a hue to suit every lifestyle, skin tone and personality.*

## Shiseido Professional

We all know how frustrating it can be to look through pages of Pinterest boards and end up with zero relatable #hairstpo. After years of research, the experts at Shiseido found that Asian skin contains more melanin than Caucasian skin, and tends to be more reddish than yellowish. This applies to black Asian hair as well.

With Shiseido Professional's first Singapore Colour Collection, its colourists will customise a unique hair colour design for you, using a yellow-brown base as a starting point. This base colour works to subdue the reddish hue of black Asian hair, enabling cool-colour pigments to produce pure and clear colours. From there, the stylists will vary their application techniques, playing around with nuanced colours that change subtly in different lighting. Time to start pinning the colour designs created especially for the three local influencers below:



Justin Javier, International Director of Shunji Matsuo, created a cool ash brown exterior to reflect Sherry Ang's professional and entrepreneurial side, gradually fading to a warmer brown shade representative of her softer, more artsy self.



A subtle gradation of darker to lighter lavender tones adds depth, while a cool ash brown exterior that gradually fades to a warmer brown further enhances Narelle Kheng's artistic attitude, as dreamed up by Eiji Nakamura, Director of Pele Hair Salon in Tokyo.





## L'Oréal Professionnel

In line with the cool colour trend taking centrestage this season, L'Oréal Professionnel's Majirel Cool Cover collection consists of an array of shades that neutralise warm tones, offering opaque coverage and deeper, cooler tones minus the brassiness.

Launching in September 2015 and created to complement Asian skin tones, ask your stylist which of the brown shades below suits you best at your next salon visit. FYI: the front number refers to the base colour, with the colours going lighter as the numbers go up – five being slightly lighter than Asian hair and seven, a dark blonde – while the numbers behind refer to different tones.

For the second wave of L'Oréal Professionnel's Vlook campaign, actress Yoon Eun Hye wears Majirel Cool Cover 7.88, with babylights created using a delicate colouring technique to mimic the sun-kissed tones of children's hair on her hair.

- **Majirel Cool Cover 5.18**  
– ash mocha
- **Majirel Cool Cover 6.11**  
– double ash brown
- **Majirel Cool Cover 7.17**  
– ash matte

## Redken

The newest update on brown includes blending it with a shade from the other end of the hair colour rainbow... blonde! This Autumn, Redken launches Bronde Sombre, a professional colour technique in which brunette and blonde come together for a gorgeous, low-contrast soft ombre effect.

For Asian skin tones, Redken's education manager Shirley Tiong recommends a strong focus on shades such as Mocha and Pearl (new shades from Redken's Chromatics Prismatic Permanent Color professional salon hair colour range) along with classic ash, mahogany and violet tones.

According to Redken Artist Sean Godard, who created the Bronde Sombre looks on the right for UK It Girls Amber Le Bon and Ashley Moore, "Clients are asking for something new and fresh, and with sombre, we have the answer. It's a softer transition, so you don't necessarily see where it starts and stops. It's a lot more natural, a lot more tone-on-tone."

"For Ashley's look, we used really rich, warm brunette tones. It's an update on the traditional beachy ombre."



"Amber's look is inspired by Hollywood hairstyles that we're seeing now... very soft and natural, with the subtle lightness and dimension you'd get from being in the sun."



# DIY, DYE, MUST TRY

Bust out these DIY kits for far-from-boring brown hues.

**LIESE** The bestsellers in the Liese Creamy Bubble Color series – Milk Tea Brown and Rose Tea Brown – look as yummy as they sound. The thick, creamy foam saturates each strand for rich and more even distribution, for more vibrant, longer-lasting colour.

Liese Creamy Bubble Color in Rose Tea Brown, \$19.90



**MONSOON** Spray your way to brown hair for the day with Monsoon Professional's range of temporary hair colours. Available in Dark Brown and Natural Brown, the hairsprays are able to withstand humidity and wash off easily with shampoo.

Monsoon Professional Premium Long Lasting Color Hairspray in 13 Natural Brown, \$12.90

Olia by Garnier Permanent Hair Color in 4.3 Golden Brown, \$19.90



**GARNIER** Olia by Garnier offers even and precise colour results, be it for neutralised cool tones or vibrant warm tones, so take your pick from shades like 4.15 Iced Chocolate to 5.5 Mahogany Brown.



Go warm with: L'Oréal Paris Excellence Fashion in 5.54 Intense Warm Auburn, \$18.90

**L'ORÉAL PARIS** Whether you want to go warm or cool, the L'Oréal Paris Excellence Fashion Auburn range has a reddish-brown shade to suit your every colour whim and fancy.



Go cool with: L'Oréal Paris Excellence Fashion in 5.62 Intense Violet Brown, \$18.90



# Find the Right Hue for You

*You can dye your hair any colour of the rainbow – all you have to do is choose a shade that complements your skin tone.*

## FAIR

Contrast your fair skin with warm, vibrant shades.

### Subtle

Go for a sunkissed, post-vacay vibe with golden brown waves that add dimension to your locks. Plus, it grows out well and needs minimal touch-ups.



### Natural

If you prefer a darker, more understated look that works for day to night and work or play, add a tinge of red to a dark brown base for a soft, rich effect.



### Striking

Amp things up by contrasting your porcelain skin with a bright copper or orange-red, which will light up your face and enhance your features.



## MEDIUM

Stay neutral by selecting a shade that sits in the middle of the warm and cool spectrum.

### Subtle

Keep within the brunette safety zone with shades like walnut and honey, which complement your skin tone without being too harsh or making it look washed out.



### Natural

Toying with the idea of becoming a redhead? Flatter your skin tone with subtler shades that have rich copper or golden hues, such as a warm red or medium auburn.



### Striking

Enhance your honey blonde shade by adding varying tones of highlights, leaving a substantial amount of your roots intact for added depth.

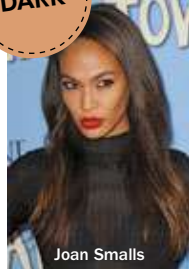


## DARK

Dark skin tones can afford to go bold with intense hues.

### Subtle

Stay cool with deep, rich coffee-based shades like espresso; these will bring out the golden undertones in your complexion in a natural and flattering way.



### Natural

Keep your base and roots dark, then go warm with a mix of several layers of buttery, caramel, beige or golden highlights to create movement and dimension.



### Striking

Blue- and purple-based reds, like wine and berry, are a stunning match for darker skin. In fact, the deeper and more striking the colour, the better.



**“Most Asians have skin with a yellow undertone. Suitable and on-trend colours include peach brown, light maroon and violet brown.”**

Michael Chiew, Hairloom Salon

# Break the Fall

*Tired of your crazy hair fall situation?  
Take control of it with these tips and tricks.*

Experts say it's normal to lose 50 to 100 strands of hair per day, but let's face it, nobody has the time to keep track of their hair fall status on a daily basis. So it's never too early to start preventing the dreaded b-word. Here's a guide to get you started:

## Keep Oil at Bay

A dry scalp causes dandruff, which could block your hair follicles and put them on sleep mode. So be sure to shampoo your hair regularly and visit a doctor if you feel your dandruff condition is getting out of hand.

## Use the Right Products

Using the wrong type of shampoo and conditioner could weaken hair roots and cause hair fall. So always choose the right product for your hair and scalp type, and don't hesitate to switch to a different brand if you find the current one unsuitable.

## Let Your Hair Down

A tight ponytail or bun can damage the hair follicles beneath your scalp and result in their inability to produce new hair over time. So put that hair tie aside, ladies – it's time to let loose.

## GO FOR THE

### 1 Bio-T Tea Tree Shampoo

With both tea tree oil and peppermint oil, this shampoo helps to soothe dry or itchy scalps and clarify hair by ridding impurities.

### 2 Bio-T Miracle Elixir Oil

Go one step further by pampering your hair with this paraben-free product. Containing argan oil and silk protein, this keeps your tresses glossy and happy.

### 3 Bio-T Anti-Hair Loss Shampoo

Suffering from hair loss woes? This one's for you. The panax notoginseng root extract and panthenol in this help to promote hair growth and make your hair smoother, too.



Bio-T products are available exclusively at Venus Beauty stores.







# Blonde Ambition

*There's a whole spectrum of blonde shades out there, so go on, take the plunge – blondes do have more fun, after all.*

Rita Ora is a vision of vintage Hollywood glamour with impeccably-styled platinum waves.

## Platinum

Go big or go home with this look, whether you opt for full-on white or ash blonde.

Soo Joo Park proves the best accessory for platinum hair is attitude – loads of it.

With a shaggy ash blonde mane and sultry eye makeup, Taylor Swift proves she's all grown up.

A bleached base lets you have fun with colour a la Hyoyeon (left) and Taeyeon (right) of Girls' Generation.

Texture and highlights ensure Sarah Hyland stands out in the bob brigade.

## Bronde

An updated version of ombre, this combination of brunette and blonde is suitable for all skin tones.

Darker hues around the crown and hairline offset the contrast between Jourdan Dunn's blonde locks and her tan skin.

Queen Bey works the trend effortlessly with golden-strawberry blonde hair, featuring varying tones of honey highlights on top of a brown base.

Be it when it comes to her clothes or her hair, Olivia Palermo is always on-trend – her glossy honey locks are perfection.

Khloé Kardashian works the sunkissed California look with long, tousled waves.

# A Promise of Beauty

Let your beauty consciousness bloom with the natural goodness of Avalon Organics®.

A famous philosopher asked, "What wisdom can you find that is greater than kindness?" Avalon Organics® is a brand that sticks to that philosophy by believing that being good to the earth is the same as being good to ourselves.

The beauty company follows its eco-conscious principles by putting only what is pure, natural or organic in its products, so that our bodies absorb the most beneficial ingredients, such as botanicals, extracts and essential oils.

By working with organic farmers and keeping long-term sustainability in mind, Avalon Organics® also makes sure its feel-good, do-good beauty mission extends not just to us, but to the earth as well.



## Clear the Way

Soothe scalp irritations with the gentle touch of the Tea Tree Scalp Treatment Shampoo. Containing tea tree essential oil, beta-glucan, aloe and vitamin E, it helps to purify while balancing the natural moisture level of the scalp.

Avalon Organics® Tea Tree Scalp Treatment Shampoo and Conditioner (325ml), \$13.90 each



## Hair in Full Bloom

If your locks lack volume, try the best-selling Biotin B-Complex Therapy Thickening Shampoo, which is fortified with biotin, saw palmetto, quinoa and vitamin E to build body and encourage new growth.

Avalon Organics® Biotin B-Complex Therapy Thickening Shampoo and Conditioner (325ml), \$22.90 each

## Grow Your Green

Get even more bang for your buck with the extra-value bottle, which contains more product but uses less packaging. And it saves money, too! That's what we call being eco(nomical).



Avalon Organics® Tea Tree Scalp Treatment Shampoo (946ml), \$25.90

Avalon Organics® Biotin B-Complex Therapy Thickening Shampoo (946ml), \$29.90

**All Avalon Organics® products are formulated without:**

- Potentially Harmful Sulfates
- Harsh Preservatives
- Synthetic Fragrances
- Artificial Colors
- Phthalates
- Parabens



# Colour Care for Your Hair

*Can you take on the task solo, or should you leave it to the pros? Read on to find out.*

## Home Run

If your new shade is close to your natural colour, you can afford to do most of your post-dye maintenance at home, and only head to the salon after a few months for a touch-up.

All the more so if you have healthy hair, as damaged hair doesn't hold pigment well. Load up on products that will reverse the damage caused by the colouring process, nurture it back to health, and your colour will last longer.



Bed Head Colour Goddess Oil-Infused Shampoo for Coloured Hair, \$48, and Conditioner, \$30



John Freida Brilliant Brunette Colour Protecting Moisturising Shampoo and Conditioner, \$15.90 each

Living Proof Restore Targeted Repair Cream, \$36



## Go Pro

It's best to leave it to the pros if you're going blonde or red. On top of the dye job, some offer in-salon post-colour treatments, to repair the damage and ensure longer-lasting results.

Beyond touch-ups – the more solid your coverage, the sooner you need to schedule an appointment – a hair spa session can revive your colour and revitalise your locks, thanks to exclusive colour care products that repair damage, boost shine and prevent colour from fading.

**Branché Original Treatment: System 3, \$330 for 30 minutes,** is a customised haircare programme that penetrates deep into coloured hair and targets your specific hair concerns, from dry to thinning hair.



Shiseido Professional's Luminoforce range is used in in-salon treatments to restore texture and shine to coloured hair, and make it last longer.



**L'Oréal Professionnel Powerdose Color A.OX** is for salon-use only, and is to be applied post-colour to protect the surface of hair from water and provide treatment to the fibre for vibrant, shiny colour.



# Hair Today, Better Tomorrow

The secret to great hair lies at the root. DRx has amazing treatments to refresh scalps and solve those hair loss woes.



## DRx PURIFYING THERAPY

Your scalp might look clean, but the extent of impurities on your scalp could escape your eye. Turns out regular shampooing isn't good enough to clear your scalp of the build-up of sebum and dead skin cells. Accumulated over time, this can harden into a cornified layer that will keep your hair from looking healthy and lustrous. That's why a clarifying treatment like DRx Purifying Therapy is necessary. Besides exfoliating dead skin cells for a clear scalp, it also removes toxins and metabolic waste from the deep tissues of the scalp.

## DRx INTENSIVE HAIR REGENERATION (IHR) THERAPY

If you're seeing more scalp than hair, it might be time to admit that you have a problem. Hair loss occurs due to genetics or prolonged stress on your follicles – but you don't have to live with it! DRx IHR Therapy stimulates cellular activity within the hair follicles using micro-needle therapy. The treatment also uses Low Level Laser Therapy to increase oxygen levels and blood circulation, which promotes healing and healthy growth. Hair loss? Get ready to dismiss those worries with a flick of your enviable mane.

## ASK THE EXPERT



Peggy Goh, Principal Trichologist from The DRx Medispa, shares with us some tips on maintaining a great head of hair.

### Does my diet play a part in hair health?

Of course – a good diet is key. Hair is mostly made up of keratin, that's why a good amount of protein, which can come from meat and leafy vegetables, in your diet is extremely important.

### I've noticed a bald spot – should I stop tying my hair?

If your hair is fragile, thinning and prone to breakage, you should probably avoid hairstyles that pull your hair back – such as a tight, high ponytail, or a top knot. It's best to let your hair rest and grow.

### Can hair loss be reversed?

No, it can't. But the process can definitely be slowed down. Hair needs to be sprouting from the root for the situation improve. That's why it's important to nip the problem at the bud and seek treatment once you spot thinning hair.



### The DRx Clinic

#16-01, 302 Orchard Road,  
Tong Building, Singapore 238862  
Tel: 6733 1555

### The DRx Medispa

#14-02/03 and #16-02, 302 Orchard Road,  
Tong Building, Singapore 238862  
Tel: 6733 1555





# Lift Your Hair Game

*Take your hair from runway to reality with these hairstyles that can be perfected in 15 minutes or less.*

## The Side Slick Flick

It doesn't matter if your hair is long or short, straight or prone to kinks, because this versatile hairdo is suitable for all types. Just do a deep side part and sweep the other part behind your ear. Apply some serum to bring out extra shine.

5  
Mins

## The Low Pony

Nothing spells effortless chic like a low ponytail. For a soft and windswept look, apply serum for shine then tie the ponytail either at the nape of your neck or at shoulder level. Keep the hair-tie small and delicate to keep the look simple and sophisticated.



Aquilano  
Rimondi



Tory Burch



Balmain



Carolina  
Herrera



Alberta  
Ferretti



Michael  
Kors



Fendi



## Accessorise

10  
Mins

## Pin-straight Hair

The beauty is how easy it is to change up your look with just a headband here, or a hairslide there. Take it from the girls at Prada – a simple high ponytail can look completely different and refreshing just by pinning it to the side. And if you want to switch things up, just reposition the accessory, simple as that.



If you want a slick look that's boardroom-appropriate, pin-straight locks are it. Clip your hair into sections then iron them, starting from the bottom half of your neck. Then give your hair a blast of cold air from the hairdryer to seal your cuticles. Keep flyaways at bay with a leave-on treatment and you're all set.



## Textured Bun

15  
Mins

## Loose Waves

To get this look, tip your head upside down and spray the roots with hairspray for extra lift and hold. Fluff hair with your fingers for volume. Backcomb if it still looks flat. Then pull all your hair into a high ponytail and twist it into a loose bun, securing it with pins as you go. Mist with hairspray to set the bun in place.



Too lazy to wash your hair in the morning? This 'do is it. Simply use a paddle brush to smoothen out your locks, then curl your hair in large sections using a large-barrelled hair tong, pinning the curls up as you go. Let your hair set for five minutes, then take out the pins, shake your hair, spritz on some hairspray and voila!





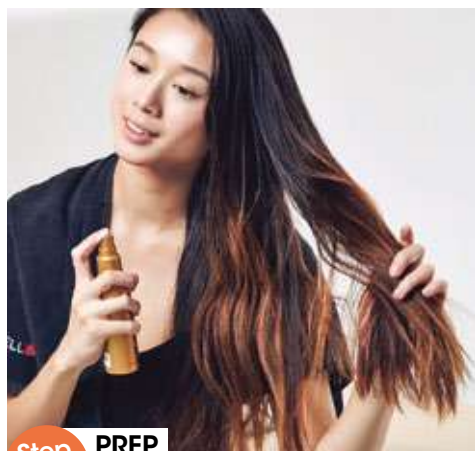


# DIY Blowout

***Give yourself a luscious, salon-worthy blowout in the comforts of your own home.***

We know it's daunting trying to achieve a pro-looking blow-out at home, but if you arm yourself with the right tools, you can rock glossy, wavy hair without an appointment with your stylist. First up, equip yourself with a good quality heat-protecting spray – it calms the frizz down and helps to keep your hair from cooking in the long run. As an added bonus, a good heat protectant also replenishes the moisture in your tresses, which is very helpful if you subject your hair to

heat styling on a regular basis. And unless you use blow-drying as an opportunity to work out your arms, pick a hairdryer with higher wattage – between 1,800 to 2,000 watts will work – to get the job done quicker. If you can, also invest in a good ionic hairdryer, which can help to speed up the drying process by up to 70 percent and also protect your hair by applying less heat. Now that we're here, just section your hair and you're set to get going with that brush!



### Step 1 PREP

Mist heat-protecting spray all over your hair. Blow-dry until the roots are completely dry, leaving the ends slightly damp.



### Step 2 SEPARATE

Divide hair into six large sections – three on each side.



### Step 4 FINISH

When it's all done, run your fingers through to break up the curls then set your hair with a fixing hairspray.



### Step 3 CURL

Before coiling hair around with a round brush, be sure to smoothen each section of hair by blow-drying it straight to reduce chances of tangling. Work your way up from the bottom layers. **Tip: Blow-dry the inner section of hair that is less exposed to damages.**




Lady Jayne Salon Professional Ionic Styling Brush, \$13.90



TONI&GUY HairMeetWardrobe Prep Heat Protection Mist, \$21.90






# The Pony Club

The easiest way to keep messy hair at bay is to pull it up into a ponytail. Here are four souped-up ways to update the basic ponytail – you can thank us later!

**Photography** Alwin Oh **Beauty Direction** Cynthia Chew

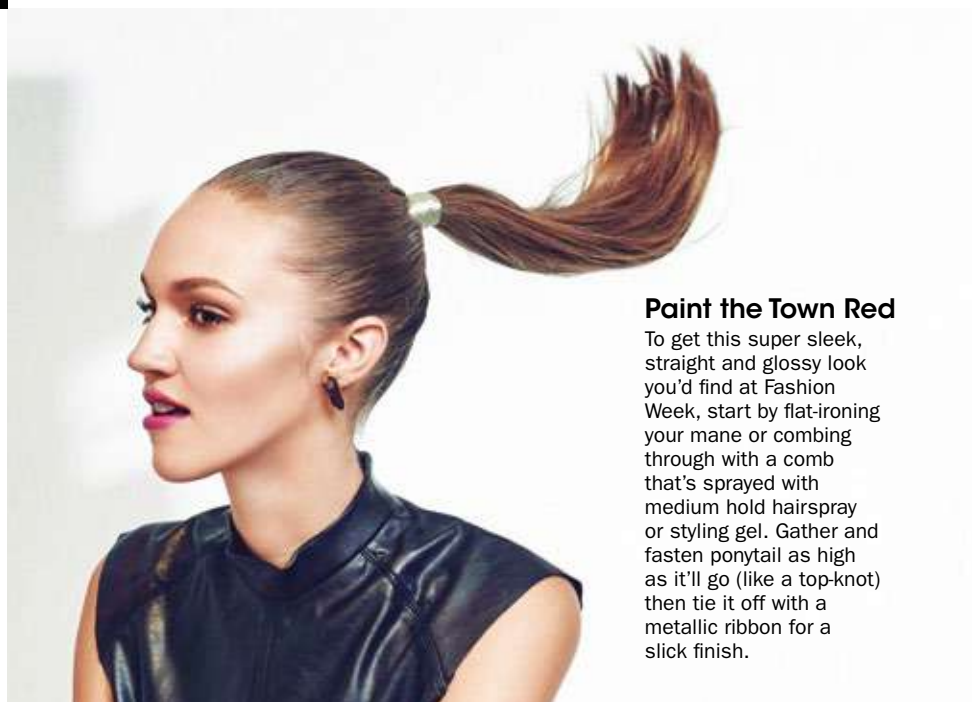
## Va Va Voom

Make a glamazon statement with an ultra-thick and long ponytail. Cheat #flawlessness and volume by inserting hair extensions. Wrap and hide the base of the extensions with an elastic band and finish with a chic ponytail tie.



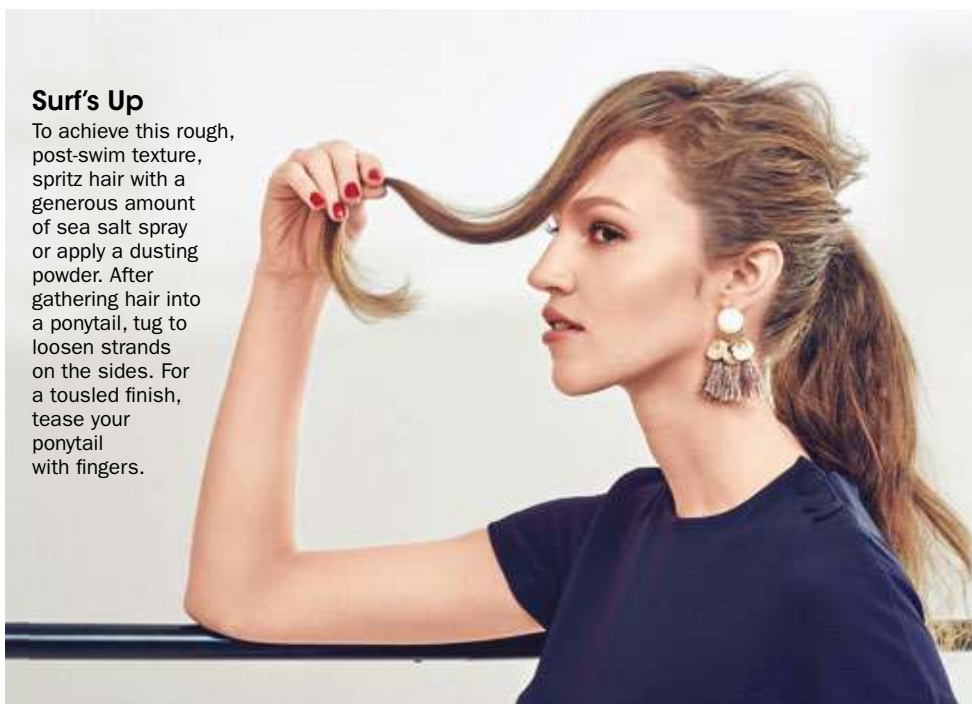






### Paint the Town Red

To get this super sleek, straight and glossy look you'd find at Fashion Week, start by flat-ironing your mane or combing through with a comb that's sprayed with medium hold hairspray or styling gel. Gather and fasten ponytail as high as it'll go (like a top-knot) then tie it off with a metallic ribbon for a slick finish.



### Surf's Up

To achieve this rough, post-swim texture, spritz hair with a generous amount of sea salt spray or apply a dusting powder. After gathering hair into a ponytail, tug to loosen strands on the sides. For a tousled finish, tease your ponytail with fingers.



## Girl Sunday

To avoid looking like you're heading to Sunday school with this girly look, keep the ponytail low with a haphazard parting. If you have a long fringe, let it hang loosely on the opposite side for balance. To finish, wrap the base of the ponytail with a small section of hair, or a small piece of woven mesh or netting fabric.





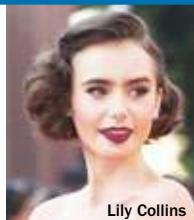


# 30 Days,

*Yes, you really can wear your hair differently... Every.*

## THE WAVE

Wavy hair is all about texture, so invest in salt sprays, mousses and body builders.



Lily Collins

Vintage waves work wonders on shorter styles, too.



Lea Michele

Achieve this pretty texture by braiding wet hair before bed.

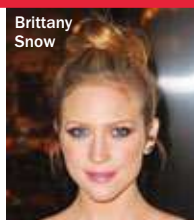


Dakota Fanning

For a casual look, keep the waves loose – just a soft bend will do.

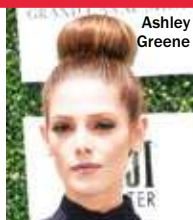
## THE BUN

High, low, loose or tight, the bun is everyone's fave style for a reason: it's easy!



Brittany Snow

Embrace flyaways and fuzz. No need to be too polished!



Ashley Greene

A doughnut bun is a great match for any cocktail dress.

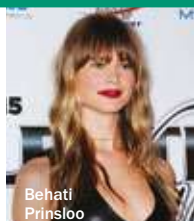


Nicole Richie

Braid a high pony and wrap it around itself for this look.

## THE FRINGE

Fringes needn't be blunt and eye-covering. They come in all shapes and sizes – just look!



Behati Prinsloo

Fringe + just-rolled-out-of-bed waves = coffee-run chic.



Kaley Cuoco

Got short hair? Fringes are still for you. Take a cue from Kaley.



Sienna Miller

Growing out a fringe? Twist it up and pin. Too easy.

## THE PONY

Ponytails have come a long way since school, and it's easy to dress 'em up or down.



Blake Lively

A textured low ponytail is a perfect off-duty look.



Sarah Hyland

Wrap some hair around your elastic to dress up your pony.



Holland Roden

Play with a half-centred, half-brushed-back part.



# 30 Styles

Single. Day. Take your cue from these hair-mazing A-listers!



Emily Ratajkowski

Make like Ms Ratajkowski and pull waves over one shoulder.



Blake Lively

Channel '40s actress Veronica Lake for a retro-glam style.



Jamie Chung

Get some ombre ends for a sassy lo-fi look like Jamie.



Amanda Seyfried

Amanda knows how to roll in retro waves that are so feminine and chic.

*Retro waves are perfect for the evening. But be sure to team it with smokey eyes and nude lips.*



Rihanna

Pull the bun into a semi-circle for a more elegant style.



FKA Twigs

Go double or nothing just like FKA Twigs for a quirky twist.



Amber Heard

Work a braid into a side bun for a fresh take on a classic.



Julianne Hough

Go ultra sleek and low for red-carpet glamour like Julianne.



Emmy Rossum

For a romantic look, let some fringe loose to frame the face.



Alexa Chung

Team a full fringe with a little tousle for fast hotness.



Bella Thorne

Part a long fringe in the centre and lift roots for added oomph.



Felicity Jones

In a rush? Style the front and pull the rest into a high bun or pony.



Zoe Kravitz

A side-swept fringe and a fedora? Easiest. Hair. Ever.

*The fringe is a hair transformer. It changes your look instantly.*



Katherine Heigl

Get crafty and weave your pony into a braid like Heigl.



Skyler Samuels

Go high with flicked-out ends for a flirty, feminine 'do.



Tina Fey

Volume at the crown takes a ponytail from drab to fab.



Nina Dobrev

Adding waves or curls makes your ponytail more fun and casual.



Katie Holmes

For a fancy event, keep things straight, sleek and side-slung.





# Undone V

*Not all braids are the same, but be it messy or polished, they're equally*

Perfect with your boho-chic dresses, messy braids are best for chilling out with that pina colada in your hand. To get the look, add texture to your hair using products like dusting powder, mouldable clay and layer with a lightweight finishing spray that won't weigh your hair down. Once you're done, tug at your plaits to loosen the weave slightly for a casual, wind-swept look!

O&M Original & Mineral K-Gravel Texture Clay, \$15



Oscar Blandi Pronto Braid Paste, \$36

Label.M Resurrection Style Dust, \$40



**TIP** This look works best with a fishtail braid, where hair is parted into four sections instead of three.

Marissa Webb



Jeremy Scott



Suno



Jeremy Scott

# S Sleek

appealing to the eye. Here's the low-down on how to nail them braids.

Both stylish and sophisticated, a sleek braid is all you need to take you from shoddy to swanky. To start off, blow-dry and flat iron your hair, as smooth, straight hair is half the work done. For an ultra-luxe finish, smoothen locks with a styling oil to give your hair a shiny, silky sheen.



Francesca  
Liberatore



Alterna Bamboo  
Smooth Kendi Pure  
Treatment Oil,  
\$38

Mane 'n Tail  
Detangler  
Spray,  
\$15.90



Sunsilk  
Smooth &  
Manageable  
Instant  
Smoothing  
Cream, \$6.90



Remington Silk Wide Straightener  
S9620, \$159



DKNY



Suno



Jean Paul  
Gaultier



# 4 Ways of Wavy

*Put down the straightener and make way for waves.*  
*Here are four styles for you to fall in love with.*

## Tousled Waves



You'll need lots of product for this look. First, dry hair upside down for a root lift. Then tong thinner and thicker sections, winding hair one way and then the other, working all the way around the head.

Alterna Caviar Anti-Aging Perfect Texture Finishing Spray, \$41

Goldwell Dual Senses Ultra Volume Touch-Up Spray, \$38



## Beachy Waves



For this sexy surfer look, spritz salt spray onto hair and let it dry naturally. If your hair doesn't have much natural body, scrunch from the bottom up to enhance waves.

Schwarzkopf Professional Osis+ Session Label Salt Spray, \$24.50

O&M Original Detox Shampoo, \$45



## Glamour Waves



Worn best on the side, smooth waves are easy. Simply tong even sections from roughly the same starting point and then comb to combine into a continuous ripple. Voila!

Label.M Therapy Age-Defying Radiance Oil, \$46

Lady Jayne Afro Comb, \$4.90



## Finger Waves



We can thank *The Great Gatsby* for the resurgence of finger waves. This elegant little 'do usually takes hours to do, but not with a triple-barrel tong!

GHD Eclipse, \$420

Percy & Reed Eau My Goodness Shine & Fragrance Spray, \$38



GOOD LOOK brand of  
Beauty & Hair Care Products  
had been awarded with  
**Asia Pacific Super Excellent Brand**  
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FOR BETTER LIFESTYLE



**WAYCO  
LONDON**



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**ASCIENCE.** Leading hypermarkets, supermarkets, personal care stores and pharmacies.

**AVALON ORGANICS.** Watsons.

**BIO-T.** Venus Beauty stores at #02-33 Compass Point, #01-08 Eastlink Mall, #01-2507 HDB Ang Mo Kio, #01-731 HDB Bedok Town Centre, #B1-11 Hougang Mall, #04-27 Junction 8, #03-28 Tampines Century Square and #01-268, 183 Toa Payoh Central. Go to [www.venusbeauty.com.sg/locator/](http://www.venusbeauty.com.sg/locator/) for more listings.

**DOVE.** All leading hypermarkets, supermarkets and pharmacies.

**ERUCA.** Guardian outlets.

**ESSENTIAL.** Leading pharmacies and supermarkets.

**FABULOSO PRO.** Artistic Touch at Blk 263 #01-53 Serangoon Central Drive, Backstage Hair at #01-03 Winsland House 1, 3 Killiney Road, The Artisans at #01-01 Crown Centre, 557 Bukit Timah Road and Tresses Salon By Nails & Brows at #01-300A Pasir Ris West Plaza.

**GARNIER.** Guardian, Watsons and major supermarkets.

**GHD.** PREP at #01-62 Capitol Piazza and #03-34 Mandarin Gallery, J's Salon at Grand Copthorne Waterfront Hotel, Expat Hair Studio at 422 Joo Chiat Road, Salon Royale at #02-117 Festive Hotel at Resorts World Sentosa, Salon Vim at #04-25/28 Somerset 313, and Shunji Matsuo at #05-23 Ngee Ann City Tower B.

**GOLDWELL.** Call 6681 4743 for salon listing.

**JOHN FRIEDA.** Selected Guardian and Watsons.

**KERASTASE.** Selected hair salons. Call 6233 0332 for a listing.

**LABEL M.** Essensuals Hairdressing at #03-09 Orchard Central, Toni&Guy Hairdressing at #03-17 Mandarin Gallery and #B2-22 Marina Bay Link Mall. Call 6222 5590 for more listings.

**LA BIOSMETIQUE.** Glamour Studio at #01-12/13 Shaw Towers, 100 Beach Road.

**LADY JAYNE.** Guardian, selected department stores and Watsons.

**LIESE.** Watsons and selected supermarkets and hypermarkets.

**LIVING PROOF.** Sephora stores.

**L'ORÉAL PARIS.** Available at Watsons, Guardian, major supermarkets and hypermarkets, and selected department stores.

**MANE 'N TAIL.** Guardian.

**MARC ANTHONY.** Watsons.

**MONSOON PROFESSIONAL.** All Venus Beauty stores.

**O&M.** Sephora at #02-06/07/08/09 Bugis+, #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands, #01-35/36/37 Nex, #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall, #01-03 to 07 Tampines 1 and #B2-31-34 VivoCity.

**OSCAR BLANDI.** Sephora stores.

**PANTENE.** All leading supermarkets and pharmacies.

**PERCY & REED.** Sephora stores.

**PHILIPS.** Available at major department stores, electrical stores and Philips authorised dealers.

**PLANTUR.** Cold Storage, Giant supermarkets, NTUC Fairprice and selected Guardian, NHG pharmacies, Unity and Watsons.

**REDKEN.** Call 6233 0347 for salon listing.

**REMINGTON.** Gain City at 71 Sungei Kadut Drive, Mega Discount Store at Leisure Park Kallang, Parisilk at 15 Lorong Liput and #01-01 Eastgate, 46 East Coast Road and TANGS at Tang Plaza and VivoCity.

**SCHWARZKOPF.** Call 6424 7000 for salon listing.

**SILKPRO.** Leading hypermarkets and supermarkets. Go to [www.facebook.com/SilkProSG](http://www.facebook.com/SilkProSG) for more information.

**SHISEIDO PROFESSIONAL.** Call 6739 8639 for salon listing.

**SUNSILK.** Major supermarkets and personal care stores.

**TANGLE TEEZER.** Selected Hair Salons, Metro, Robinson, and Level 3, The Gift Box at Takashimaya D.S.

**THE BODY SHOP.** [www.thebodyshop.com.sg/en/store\\_locator.aspx](http://www.thebodyshop.com.sg/en/store_locator.aspx) for store listing.

**THE WET BRUSH.** Selected BHG and Watsons.

**TIGI BEDHEAD.** Glamour Studio at #01-12/13 Shaw Towers, 100 Beach Road.

**TONI&GUY HAIRMEETWARDROBE.** Selected Guardian and Watsons.

**TSUBAKI.** Watsons.

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